

10K CARBALLO. VIII Carreira Popular Concello de Carballo, Carballo 17/06/2018

Carreira Absoluta. Distancia: 10.000 m



Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	T_Real	RitKmReal	Km 3,5	Km 4,8	Km 8,5	Licenza	Club	Localidade
1	4	AMADOR PENA TORREIRA		VT1M- 1	00:33:27	00:03:21	00:33:27	00:03:21	00:11:37	00:16:09	00:28:57	AG 2018616	CLUB ATLETISMO O PINO	CLUB DE COMPOSTELA
2	226	JOSÉ MIGUEL GÓMEZ SÁNCHEZ		VT2M- 1	00:33:37	00:03:22	00:33:37	00:03:22	00:11:36	00:16:11	00:29:03	AG-2023807	SAR VERMÚ- PETRONI	A CORUÑA
3	267	JAVIER NEIRA VÁZQUEZ		SNM- 1	00:33:39	00:03:22	00:33:39	00:03:22	00:11:36	00:16:09	00:29:05	GA769202	VERXEL NUTRICION DEPORTIVA	LUGO
4	202	LUIS PÉREZ VARELA		SNM- 2	00:34:12	00:03:26	00:34:11	00:03:26	00:11:36	00:16:10	00:29:40		PASA OU ENTORNA	PONTEDEUME
5	1	CRISTIAN MUÑO VARELA		SNM- 3	00:34:18	00:03:26	00:34:17	00:03:26	00:11:53	00:16:33	00:29:41		CLUB ATLETISMO O PINO	CORISTANCO
6	7	MARCOS ALMOZARA MAYO		SNM- 4	00:34:21	00:03:27	00:34:20	00:03:26	00:11:36	00:16:11	00:29:45		3&RUN CLUB DE CORREDORES BY PEDRO NIMO	A BAÑA
7	2	MANUEL OLIVER PÉREZ LÓPEZ		VT2M- 2	00:34:34	00:03:28	00:34:33	00:03:28	00:12:03	00:16:42	00:29:56	GA 768549	SAR VERMÚ- PETRONI	EL BURGO
8	112	DAVID LANDEIRA CASTRO		VT1M- 2	00:34:35	00:03:28	00:34:34	00:03:28	00:11:54	00:16:33	00:29:55		CLUB ATLETISMO O PINO	CARBALLO
9	401	MARTÍN REGUEIRA RELLÁN		SNM- 5	00:34:48	00:03:29	00:34:47	00:03:29	00:11:56	00:16:38	00:30:14			LAXE
10	587	RUBEN LIÑARES ARAN		VT2M- 3	00:34:59	00:03:30	00:34:58	00:03:30	00:12:04	00:16:47	00:30:19			A CORUÑA
11	231	ADRIÁN ROJO LUACES		SNM- 6	00:35:01	00:03:31	00:35:00	00:03:30	00:12:07	00:16:52	00:30:28		SAR VERMÚ- PETRONI	CAMARIÑAS
12	26	JUAN JOSE ALVAREZ CURES		VT2M- 4	00:35:13	00:03:32	00:35:13	00:03:32	00:11:38	00:16:25	00:30:20	AG2024419	A.D. MEDIADUCIA	CARBALLO
13	3	LUÍS MIGUEL ANTELO LEMA		VT1M- 3	00:35:17	00:03:32	00:35:17	00:03:32	00:11:55	00:16:41	00:30:33	AG2019278	TERRA DE SONEIRA C.D.	VIMIANZO
14	283	FRANCISCO PAIS FONDO		SNM- 7	00:35:20	00:03:32	00:35:19	00:03:32	00:12:22	00:17:12	00:30:35			CAMARIÑAS
15	95	ANGEL MACEIRAS LAGO		VT2M- 5	00:35:22	00:03:33	00:35:22	00:03:33	00:12:08	00:16:52	00:30:31	AG2014771	SAR VERMÚ- PETRONI	O BURGO
16	61	CARLOS VALIÑA AMEIJENDA		JNM- 1	00:35:27	00:03:33	00:35:27	00:03:33	00:12:08	00:16:56	00:30:43		ASOCIACIÓN DEPORTIVA OLIMPIA	CAMARIÑAS
17	131	ALEXANDRE FERNÁNDEZ TOJO		SNM- 8	00:35:30	00:03:33	00:35:29	00:03:33	00:12:17	00:17:05	00:30:45		CLUB ATLETISMO TAMBRE BIKE & RUNNING	PORTEMOURO
18	250	DAVID CALZAS ÍNSUA		VT1M- 4	00:35:36	00:03:34	00:35:34	00:03:34	00:12:14	00:17:02	00:30:44		TERRA DE SONEIRA C.D.	VIMIANZO
19	148	ALVARO PRESEDO FRAGUÍO		SNM- 9	00:35:55	00:03:36	00:35:53	00:03:36	00:12:08	00:16:57	00:31:01		CLUB MARINEDA ATLETICO	A LARACHA
20	227	RUBEN INSUA DIAZ		SNM- 10	00:35:59	00:03:36	00:35:56	00:03:36	00:12:17	00:17:05	00:31:08	AG-2023812	SAR VERMÚ- PETRONI	FISTERRA
21	81	JOSE ANTONIO GONTAN CASTRO		VT2M- 6	00:36:00	00:03:36	00:35:59	00:03:36	00:12:33	00:17:27	00:31:22		ATLETISMO FONTES DO SAR	SANTIAGO
22	640	DAVID SENDON CAAMAÑO		VT1M- 5	00:36:09	00:03:37	00:36:07	00:03:37	00:12:35	00:17:26	00:31:20			OUTES
23	107	FERNANDO PEREZ HERNANDEZ		VT2M- 7	00:36:14	00:03:38	00:36:13	00:03:38	00:12:32	00:17:24	00:31:22	AG2019970	CLUB ATLETISMO CORUÑA COMARCA	A CORUÑA
24	190	JOSE ANTONIO VIDAL GONZALEZ		VT1M- 6	00:36:17	00:03:38	00:36:16	00:03:38	00:12:28	00:17:19	00:31:21	AG2022530	NOITEBRA F.C.	BRION
25	232	JOSE SUAREZ LEIS		VT3M- 1	00:36:22	00:03:39	00:36:21	00:03:39	00:12:28	00:17:20	00:31:24	AG-766580	SAR VERMÚ- PETRONI	A BAÑA
26	225	JAPI BAAMONDE ARUFE		VT2M- 8	00:36:31	00:03:40	00:36:29	00:03:39	00:12:42	00:17:40	00:31:44		SAR VERMÚ- PETRONI	NOIA
27	312	JAVIER OUBIÑA ABUIN		VT1M- 7	00:36:39	00:03:40	00:36:38	00:03:40	00:12:29	00:17:24	00:31:36			A CORUÑA
28	296	BENIGNO POSE NOVO		VT3M- 2	00:36:54	00:03:42	00:36:54	00:03:42	00:12:33	00:17:30	00:31:55			LUGO
29	183	GONZALO SILVA BRENLLA		SNM- 11	00:36:57	00:03:42	00:36:55	00:03:42	00:12:26	00:17:21	00:31:53	AG 766103	NOITEBRA F.C.	SANTA COMBA
30	8	ANGEL BELLO FERREIROS		VT1M- 8	00:36:59	00:03:42	00:36:57	00:03:42	00:12:39	00:17:38	00:31:59		3&RUN CLUB DE CORREDORES BY PEDRO NIMO	PADRON
31	25	VICTOR MANUEL DOMINGUEZ BARBEITO		VT2M- 9	00:37:00	00:03:42	00:36:58	00:03:42	00:12:43	00:17:43	00:32:08		A.D. MEDIADUCIA	CARBALLO
32	605	CARLOS LUENGO PEÑA		VT1M- 9	00:37:02	00:03:43	00:37:01	00:03:43	00:12:29	00:17:36	00:32:09			TRUJILLO
33	129	JOSE LUIS ROIBAS FERNANDEZ		VT2M- 10	00:37:03	00:03:43	00:37:01	00:03:43	00:12:32	00:17:30	00:31:59		CLUB ATLETISMO SADA	CAMBRE
34	218	CESAR RODRIGUEZ VENTUREIRA		VT2M- 11	00:37:10	00:03:43	00:37:08	00:03:43	00:12:45	00:17:43	00:32:09		RUNNING ARTEIXO	ARTEIXO
35	403	JOSÉ LUIS GONZÁLEZ NUÑEZ		VT1M- 10	00:37:10	00:03:43	00:37:08	00:03:43	00:12:36	00:17:38	00:32:07			TEO
36	731	JVIER NOVO BUJEIRO		VT1M- 11	00:37:24	00:03:45	00:37:22	00:03:45	00:12:17	00:17:02	00:31:01			CEE
37	158	ROBERTO VALE GARCIA		VT2M- 12	00:37:34	00:03:46	00:37:33	00:03:46	00:12:44	00:17:47	00:32:29	AG 766063	FLUVIAL DE LUGO MONTE SEGADE	LUGO
38	22	ADRIAN RODRIGUEZ CAMBON		SNM- 12	00:37:38	00:03:46	00:37:36	00:03:46	00:12:43	00:17:48	00:32:39		A.D. DOWNHILL LARACHA	A LARACHA
39	127	NICOLAS FERNANDO BAS ROTH		SNM- 13	00:37:39	00:03:46	00:37:37	00:03:46	00:12:37	00:17:40	00:32:33	AG2024034	CLUB ATLETISMO SADA	CULLEREDO
40	186	JORGE MANUEL GARCIA RODRIGUEZ		VT2M- 13	00:37:41	00:03:47	00:37:39	00:03:46	00:13:10	00:18:18	00:32:48	AG 767429	NOITEBRA F.C.	STGO COMPOSTELA
41	213	JOSÉ ANTONIO SEÑARÍS PARDO		VT1M- 12	00:37:44	00:03:47	00:37:42	00:03:47	00:12:38	00:17:54	00:32:38		RUNNERS CARBALLO	CARBALLO
42	14	JOSE MANUEL SEOANE POMBO		VT2M- 14	00:37:50	00:03:47	00:37:48	00:03:47	00:13:05	00:18:13	00:32:47	AG2022509	3&RUN CLUB DE CORREDORES BY PEDRO NIMO	AMES
43	263	MARTÍN ABELEDA LÓPEZ		VT1M- 13	00:37:50	00:03:47	00:37:48	00:03:47	00:13:15	00:18:25	00:32:55		VELAIBIKE VILALBA	SANTIAGO DE COMPOSTELA
44	729	MANUEL FRANCISCO RODRIGUEZ FERNANDEZ		VT1M- 14	00:37:51	00:03:48	00:37:48	00:03:47	00:13:13	00:18:21	00:32:48		KURAI	CEA
45	635	JAVIER BARRAL LIJÓ		SNM- 14	00:37:52	00:03:48	00:37:49	00:03:47	00:13:25	00:18:33	00:32:53			POBRA DO CARAMIÑAL
46	5	TINA FERNÁNDEZ	F- 1	VT1F- 1	00:37:57	00:03:48	00:37:55	00:03:48	00:13:25	00:18:34	00:33:05		URBAN RUNNERS CLUB SANTIAGO	MUROS
47	105	FRANCISCO JAVIER FERNANDEZ GARCIA		VT2M- 15	00:38:00	00:03:48	00:37:57	00:03:48	00:13:17	00:18:25	00:32:56		CIUB CICLISTA MUROS	MUROS
48	715	BORJA ADRIÁN GARCÍA		JNM- 2	00:38:01	00:03:49	00:37:58	00:03:48	00:12:48	00:18:03	00:32:54		TRIATLÓN ATLÉTICO	MADRID
49	53	FERNANDO GARCÍA LEMA		VT1M- 15	00:38:01	00:03:49	00:37:58	00:03:48	00:13:03	00:18:14	00:33:04		A.D. MEDIADUCIA	SANTA COMBA
50	140	JUAN COLLAZO AREOSA		SNM- 15	00:38:03	00:03:49	00:38:00	00:03:48	00:13:22	00:18:32	00:33:08	AG 2019057	CLUB DEPORTIVO OS MUDITOS	CORISTANCO
51	214	ALBERTO PALLAS QUINTELA		VT1M- 16	00:38:03	00:03:49	00:38:01	00:03:49	00:12:42	00:17:55	00:33:01		RUNNERS CARBALLO	CARBALLO
52	88	ANTONIO FRAGA MENDEZ		VT4M- 1	00:38:05	00:03:49	00:38:03	00:03:49	00:13:10	00:18:18	00:32:55	GA-2020269	ATLETISMO MILLADOIRO	SANTIAGO
53	184	DANIEL BECERRA RODRIGUEZ		VT3M- 3	00:38:05	00:03:49	00:38:03	00:03:49	00:13:17	00:18:24	00:33:03	AG 763846	NOITEBRA F.C.	SANTIAGO DE COMPOSTELA
54	145	SANTIAGO RAMOS IGLESIAS		VT1M- 17	00:38:09	00:03:49	00:38:06	00:03:49	00:13:25	00:18:34	00:33:07		CLUB DEPORTIVO UNIVERSIDADE DE SANTIAGO	SANTIAGO
55	468	FERNANDO CASAS BELLO		SNM- 16	00:38:20	00:03:50	00:38:17	00:03:50	00:13:23	00:18:32	00:33:12			CERCEDA
56	168	LUIS FERNANDEZ ESPADA		VT2M- 16	00:38:22	00:03:51	00:38:19	00:03:50	00:13:16	00:18:24	00:33:13		KURAI	DORNEDA
57	317	ABEL LADO FIGUEIRAS		VT1M- 18	00:38:25	00:03:51	00:38:24	00:03:51	00:13:15	00:18:23	00:33:13			A CORUÑA
58	137	JOSÉ MANUEL PONTE SOMOZA		VT2M- 17	00:38:32	00:03:52	00:38:29	00:03:51	00:13:20	00:18:31	00:33:28		C.A.O. - CLUB ATLETISMO OUTES	SERRA DE OUTES
59	182	FRANCISCO MASEDA CARBALLO		VT2M- 18	00:38:33	00:03:52	00:38:24	00:03:51	00:13:41	00:18:51	00:33:31		NOSPORTLIMIT	A CORUÑA
60	104	CONSTANTE LORENZO SANTOS		VT2M- 19	00:38:36	00:03:52	00:38:35	00:03:52	00:12:45	00:17:43	00:32:56		CLUB DEPORTIVO OS MUDITOS	MUXIA
61	111	GUSTAVO RIOS SANCHEZ		VT1M- 19	00:38:45	00:03:53	00:38:44	00:03:53	00:13:11	00:18:24	00:33:23	AG 2020295	CLUB ATLETISMO O PINO	SANTIAGO

62	423	ALBERTO VILLAR GARCIA	VT1M-20	00:38:48	00:03:53	00:38:42	00:03:53	00:13:50	00:19:04	00:33:58			CARBALLO
63	236	AMANCIO RAÑA RECOUSO	VT1M-21	00:38:57	00:03:54	00:38:55	00:03:54	00:13:36	00:18:52	00:33:46		TAMBRE BIKE&RUNNING	OROSO
64	215	CARLOS PEREIRA REY	VT3M-4	00:39:00	00:03:54	00:38:57	00:03:54	00:13:10	00:18:23	00:33:37		RUNNING ARTEIXO	ARTEIXO
65	116	RAFAEL SENÉN GOMEZ GARCIA	SNM-17	00:39:01	00:03:55	00:38:58	00:03:54	00:13:28	00:18:44	00:33:45		C.A.O. - CLUB ATLETISMO OUTES	OUTES
66	194	GABRIEL PIZARRO VARELA	VT1M-22	00:39:02	00:03:55	00:38:59	00:03:54	00:13:29	00:18:46	00:33:49		NOSPORTLIMIT	A CORUÑA
67	400	JOSÉ MANUEL PENA SUÁREZ	VT2M-20	00:39:07	00:03:55	00:39:02	00:03:55	00:12:59	00:18:15	00:33:46			ARTEIXO
68	134	ALBERTO ANTELO SÁNCHEZ	VT2M-21	00:39:12	00:03:56	00:39:08	00:03:55	00:13:32	00:18:46	00:33:52		CLUB CICLISTA RIAZOR	A CORUÑA
69	128	ROBERTO GARCÍA PAZOS	SNM-18	00:39:13	00:03:56	00:39:10	00:03:55	00:13:32	00:18:47	00:33:53	AG 2024320	CLUB ATLETISMO SADA	SADA
70	9	RAMON ANDRES PEREZ RODRIGUEZ	SNM-19	00:39:19	00:03:56	00:39:18	00:03:56	00:13:09	00:18:23	00:33:59		3&RUN CLUB DE CORREDORES BY PEDRO NIMO	NOIA
71	243	ENRIQUE SANTOS LORENZO	VT2M-22	00:39:19	00:03:56	00:39:12	00:03:56	00:13:49	00:19:05	00:34:14	AG-2019235	TERRA DE SONEIRA C.D.	VIMIANZO
72	42	JOSE BARDANCA PALLAS	SNM-20	00:39:27	00:03:57	00:39:18	00:03:56	00:14:05	00:19:14	00:34:15		A.D. MEDIADUCIA	CARBALLO
73	144	CARLOS DIEGUEZ CARREIRA	VT1M-23	00:39:28	00:03:57	00:39:26	00:03:57	00:13:18	00:18:36	00:34:05	AG-769968	CLUB DEPORTIVO SAN PAIO	SANTIAGO DE COMPOSTELA
74	254	SANTIAGO GARCIA BELLO	VT3M-5	00:39:29	00:03:57	00:39:25	00:03:57	00:13:28	00:18:49	00:34:04		TRASNOS CORUÑA	CAMBRE
75	40	FELIPE MARIÑO PARACUELLOS	VT1M-24	00:39:31	00:03:58	00:39:29	00:03:57	00:13:22	00:18:41	00:34:11		A.D. MEDIADUCIA	CARBALLO
76	72	FRANCISCO PAZOS CAMPOS	VT3M-6	00:39:42	00:03:59	00:39:41	00:03:59	00:13:16	00:18:42	00:34:13	AG 767359	ATLETISMO +9 MORAÑA	VILAGARCIA
77	378	ALFONSO GARCÍA BELLO	VT3M-7	00:39:43	00:03:59	00:39:42	00:03:59	00:13:46	00:19:22	00:34:37			CAMBRE
78	141	ANIBAL BARCA ESPAÑA	VT1M-25	00:39:43	00:03:59	00:39:41	00:03:59	00:13:46	00:19:07	00:34:38	AG2022592	CLUB DEPORTIVO OS MUDITOS	CORISTANCO
79	109	GERMÁN PÉREZ VIDAL	VT3M-8	00:39:43	00:03:59	00:39:39	00:03:58	00:14:00	00:19:20	00:34:36		CLUB ATLETISMO NOIA	NOIA
80	135	OSCAR FRESNEDO ARIAS	VT1M-26	00:39:46	00:03:59	00:39:34	00:03:58	00:14:11	00:19:28	00:34:28		CLUB CORREDORES BECERREÁ	VILABOA (CULLEREDO)
81	13	ALVARO ZARAUZA BEIRAS	VT1M-27	00:39:56	00:04:00	00:39:54	00:04:00	00:13:39	00:19:04	00:34:36		3&RUN CLUB DE CORREDORES BY PEDRO NIMO	BERTAMIRANS
82	229	MANUEL FIGUEIRA PÉREZ	VT2M-23	00:39:56	00:04:00	00:39:52	00:04:00	00:13:46	00:19:04	00:34:25	AG2015895	SAR VERMÚ- PETRONI	PONTECESURES
83	352	JUAN CARLOS DIÉGUEZ TEJUIRO	VT2M-24	00:39:59	00:04:00	00:39:57	00:04:00	00:13:40	00:19:08	00:34:39			CAMBRE
84	402	ALBERTE PALLAS MUI?O	VT1M-28	00:40:09	00:04:01	00:39:59	00:04:00	00:14:10	00:19:31	00:34:56			CARBALLO
85	690	GUILLERMO BUSTO BARBEITO	SNM-21	00:40:13	00:04:02	00:40:02	00:04:01	00:14:14	00:19:43	00:35:07			CERCEDA
86	30	MARCOS PEÑA ÁLVAREZ	VT1M-29	00:40:13	00:04:02	00:40:10	00:04:01	00:14:06	00:19:33	00:34:55		A.D. MEDIADUCIA	CARBALLO
87	320	FERNANDO JOSE VARELA CASTRO	SNM-22	00:40:14	00:04:02	00:40:11	00:04:02	00:13:36	00:19:04	00:34:47			A CORUÑA
88	316	RAMÓN ANTONIO VARELA MÍGUEZ	VT4M-2	00:40:17	00:04:02	00:40:11	00:04:02	00:14:09	00:19:30	00:34:53			A CORUÑA
89	706	MIGUEL ANGEL MARTINEZ NIETO	VT2M-25	00:40:18	00:04:02	00:40:13	00:04:02	00:14:00	00:19:21	00:34:54		C.A.O. - CLUB ATLETISMO OUTES	SERRA DE OUTES
90	82	DANIEL NEGREIRA BARCIA	VT1M-30	00:40:24	00:04:03	00:40:14	00:04:02	00:14:10	00:19:28	00:35:07		ATLETISMO FONTES DO SAR	SANTIAGO DE COMPOSTELA
91	125	CARLOS AMOR GÓMEZ	VT2M-26	00:40:28	00:04:03	00:40:20	00:04:02	00:14:18	00:19:43	00:35:05		CLUB ATLETISMO SADA	A CORUÑA
92	256	PENÉLOPE MARTINEZ JUSTO	F-2 SNF-1	00:40:29	00:04:03	00:40:27	00:04:03	00:13:29	00:18:58	00:34:52		TRIATLON ARTEIXO	ARTEIXO
93	551	SERGIO RODRIGUEZ MEJUTO	VT1M-31	00:40:30	00:04:03	00:40:25	00:04:03	00:13:53	00:19:13	00:35:06			A LARACHA
94	121	JUAN CARLOS BARDANCA SANJURJO	VT2M-27	00:40:31	00:04:04	00:40:22	00:04:03	00:14:12	00:19:41	00:35:08	AG2014300	CLUB ATLETISMO SADA	BERGONDO
95	212	JORGE BRIONES MEJIDE	VT2M-28	00:40:35	00:04:04	00:40:27	00:04:03	00:14:41	00:20:05	00:35:23		RUNGALICIA.COM	A CORUÑA
96	544	JESUS CANOSA LAGO	VT1M-32	00:40:46	00:04:05	00:40:39	00:04:04	00:13:40	00:19:07	00:35:12			A CORUÑA
97	147	ALBERTO PÉREZ MURADO	VT1M-33	00:40:50	00:04:05	00:40:45	00:04:05	00:14:05	00:19:32	00:35:25		CLUB HÉRCULES TERMARIA	A CORUÑA
98	89	XOAN RAMON FERNANDEZ GARRIDO	VT4M-3	00:40:54	00:04:06	00:40:49	00:04:05	00:14:20	00:19:51	00:35:30		ATLETISMO MILLADOIRO	VIMIANZO
99	628	CHRISTIAN PÉREZ FOLGAR	SNM-23	00:40:58	00:04:06	00:40:38	00:04:04	00:14:27	00:19:54	00:35:35			A CORUÑA
100	406	SUSO CERNADAS FERREIRA	VT2M-29	00:41:00	00:04:06	00:40:56	00:04:06	00:13:57	00:19:30	00:35:30			BERTO-A-CARBALLO
101	59	ROI BARROS CORRAL	SNM-24	00:41:01	00:04:07	00:41:01	00:04:07	00:14:00	00:19:33	00:35:28	AG2017827	ARCADIARUNNINGCLUB	A CORUÑA
102	118	FRANCISCO RAMON BLANCO PAN	VT2M-30	00:41:02	00:04:07	00:40:57	00:04:06	00:14:23	00:19:52	00:35:37		C.A.O. - CLUB ATLETISMO OUTES	NOIA
103	94	UXIA GARCÍA DIAZ	F-3 SNF-2	00:41:02	00:04:07	00:41:02	00:04:07	00:14:00	00:19:33	00:35:28		ATLETISMO RIAZOR CORUÑA	A CORUÑA
104	160	PEDRO PAZOS CARBÓN	VT3M-9	00:41:04	00:04:07	00:41:00	00:04:06	00:14:30	00:20:09	00:35:47		ATLETISMO FONTES DO SAR	SANTIAGO
105	228	FRANCISCO SANMARCO SANTOS	VT3M-10	00:41:09	00:04:07	00:41:07	00:04:07	00:14:25	00:19:58	00:35:44	GA-768550	SAR VERMÚ- PETRONI	PONTECESURES
106	504	ALBERTO GONZÁLEZ	SNM-25	00:41:13	00:04:08	00:41:07	00:04:07	00:14:33	00:20:05	00:35:53			SANTIAGO
107	280	DANIEL PEREZ LOMBA	VT2M-31	00:41:15	00:04:08	00:41:14	00:04:08	00:14:03	00:19:40	00:35:47			A CORUÑA
108	418	IVAN POSE COSTA	VT1M-34	00:41:18	00:04:08	00:41:14	00:04:08	00:14:11	00:19:42	00:35:30			A LARACHA
109	474	RUBÉN GÓMEZ LAMAS	SNM-26	00:41:25	00:04:09	00:41:08	00:04:07	00:14:23	00:19:53	00:35:58			CARBALLO
110	240	FÉLIX ROGET PÉREZ	VT1M-35	00:41:29	00:04:09	00:40:55	00:04:06	00:14:52	00:20:20	00:36:07		TERRA DE SONEIRA C.D.	VIMIANZO
111	75	JOSE ANTONIO FERNANDEZ RODRÍGUEZ	VT1M-36	00:41:38	00:04:10	00:41:30	00:04:09	00:14:09	00:19:42	00:35:57		RUNNING ARTEIXO	ARTEIXO
112	175	JUAN MANUEL MORALES DEL CASTILLO	VT1M-37	00:41:41	00:04:11	00:41:37	00:04:10	00:15:13	00:20:37	00:36:20		MARINEDA ATLÉTICO	CARRAL
113	119	ÓSCAR FIGUEIRAS TOREA	VT2M-32	00:41:43	00:04:11	00:41:35	00:04:10	00:14:37	00:20:20	00:36:10		C.A.O. - CLUB ATLETISMO OUTES	ESTEIRO
114	201	IGNACIO LORENZO RAMOS	VT1M-38	00:41:47	00:04:11	00:41:22	00:04:09	00:14:56	00:20:27	00:36:22		PARGA RULES	PARGA
115	664	DIEGO ARNEJO DOMINGUEZ	SNM-27	00:41:48	00:04:11	00:41:45	00:04:11	00:14:06	00:19:37	00:35:57			SANTIAGO
116	614	MIGUEL VARELA	VT2M-33	00:41:55	00:04:12	00:41:47	00:04:11	00:14:40	00:20:13	00:36:20			IÑAS
117	106	FRANCISCO JAVIER LAMA CARBALLO	VT3M-11	00:41:55	00:04:12	00:41:46	00:04:11	00:14:41	00:20:17	00:36:17	AG2016793	CLUB ATLETISMO CARBALLO	MALPICA DE BERGANTIÑOS
118	541	DIEGO COUTO	PRM-1	00:42:00	00:04:12	00:41:54	00:04:12	00:13:55	00:19:29	00:36:19			PONTECESO
119	687	JUAN CARLOS VAZQUEZ GRELA	VT1M-39	00:42:01	00:04:13	00:41:57	00:04:12	00:14:08	00:19:51	00:36:21			LA CORUÑA
120	195	SIMON CALVIÑO CALVIÑO	VT1M-40	00:42:01	00:04:13	00:41:55	00:04:12	00:14:06	00:19:38	00:36:13		NOSPORTLIMIT	A CORUÑA
121	70	MANUEL CALVO GERARDI	VT4M-4	00:42:05	00:04:13	00:42:00	00:04:12	00:14:36	00:20:21	00:36:36	GA 765833	ATLETISMO +9 MORAÑA	MORAÑA
122	56	BENITO PIÑEIRO ABEIJON	VT2M-34	00:42:05	00:04:13	00:41:57	00:04:12	00:14:45	00:20:24	00:36:29		AGRUPACION DEPORTIVA ATLETES	ESTEIRO
123	575	JOSE ANTONIO SERRANO REMUIÑAN	VT2M-35	00:42:07	00:04:13	00:41:50	00:04:11	00:14:31	00:20:07	00:36:27			CARBALLO
124	235	MANUEL PUENTE VEIGA	VT2M-36	00:42:08	00:04:13	00:42:00	00:04:12	00:14:42	00:20:23	00:36:40		SOLORUNNERS CORUÑA	A CORUÑA
125	432	JOSÉ MANUEL CASÁS CASÁS	VT1M-41	00:42:08	00:04:13	00:42:03	00:04:13	00:14:49	00:20:29	00:36:38			A CORUÑA
126	689	FERNANDO SEARA SOTELO	VT2M-37	00:42:12	00:04:14	00:42:06	00:04:13	00:14:36	00:20:16	00:36:37			A CORUÑA
127	167	DANIEL LÓPEZ GARCÍA	SNM-28	00:42:17	00:04:14	00:42:15	00:04:14	00:14:14	00:19:48	00:36:20	53192010W	KURAI	PERILLO

128	711	ANTONIO RODRIGUEZ FERNANDEZ	SNM- 29	00:42:18	00:04:14	00:42:15	00:04:14	00:14:14	00:19:48	00:36:19		KURAI	CEA
129	368	JOSÉ MANUEL BLANCO LESTÓN	SNM- 30	00:42:23	00:04:15	00:42:20	00:04:14	00:14:14	00:19:57	00:36:32			CARNOTA
130	309	JORGE POUSO TOJA	SNM- 31	00:42:25	00:04:15	00:42:18	00:04:14	00:14:44	00:20:24	00:36:51			VIMIANZO
131	209	JUAN MANUEL RAMOS LAMAS	VT2M- 38	00:42:28	00:04:15	00:42:23	00:04:15	00:14:43	00:20:33	00:37:10		RUN4ONE	CARBALLO
132	562	DARIO GOMEZ PENSADO	SNM- 32	00:42:31	00:04:16	00:42:20	00:04:14	00:15:20	00:21:05	00:37:20			TORDOIA
133	434	MIGUEL GOMEZ C.	VT2M- 39	00:42:33	00:04:16	00:42:26	00:04:15	00:15:11	00:20:57	00:37:09			O BURGO
134	546	JACOBO VILA ÁLVAREZ	SNM- 33	00:42:33	00:04:16	00:42:25	00:04:15	00:15:20	00:21:07	00:37:16			MONFORTE DE LEMOS
135	718	MARTÍN BARBEITO	SNM- 34	00:42:39	00:04:16	00:42:27	00:04:15	00:14:48	00:20:30	00:37:04			A CORUÑA
136	712	JOSE RAMON ABEL SUAREZ	VT3M- 12	00:42:40	00:04:16	00:42:35	00:04:16	00:14:29	00:20:15	00:36:52	AG 11137	NOITEBRA F.C.	TILOS TEO
137	189	JOSE ANTONIO BERMUDEZ TURNES	VT3M- 13	00:42:40	00:04:16	00:42:35	00:04:16	00:15:00	00:20:47	00:37:10		NOITEBRA F.C.	SANTIAGO
138	431	JORGE LÓPEZ GARCÍA	SNM- 35	00:42:44	00:04:17	00:42:41	00:04:17	00:14:12	00:19:53	00:36:53			LA CORUÑA
139	237	SATIRO BRENLLA FAJÍN	SNM- 36	00:42:45	00:04:17	00:42:35	00:04:16	00:15:11	00:20:51	00:37:11		TARTARUGAS	SANTIAGO DE COMPOSTELA
140	471	MARCOS CASAS VARELA	SNM- 37	00:42:47	00:04:17	00:42:33	00:04:16	00:15:12	00:20:53	00:37:22			CARBALLO
141	220	JOSE LUIS RIO SILVA	VT3M- 14	00:42:48	00:04:17	00:42:44	00:04:17	00:14:32	00:20:19	00:37:05		RUNNING OLEIROS	OLEIROS
142	41	DAVID VIÑA RODRIGUEZ	VT2M- 40	00:42:58	00:04:18	00:42:48	00:04:17	00:15:08	00:20:54	00:37:30		A.D. MEDIADUCIA	CARBALLO
143	298	CARLOS LEMA PORTEIRO	VT2M- 41	00:42:58	00:04:18	00:42:54	00:04:18	00:14:25	00:20:53	00:37:30			CARBALLO
144	90	NATALIA LORENZO PÉREZ	F- 4	00:42:59	00:04:18	00:42:55	00:04:18	00:15:02	00:20:52	00:37:19		ATLETISMO MILLADOIRO	SANTIAGO DE COMPOSTELA
145	318	ENRIQUE GÓMEZ LÓPEZ	VT3M- 15	00:43:01	00:04:19	00:42:57	00:04:18	00:14:37	00:20:22	00:37:14			PONTEVEDRA
146	326	DANIEL POSE GARCÍA	SNM- 38	00:43:02	00:04:19	00:42:56	00:04:18	00:15:11	00:21:03	00:37:30			CAMBRE
147	429	DIEGO BELLO GRAÑO	VT1M- 42	00:43:07	00:04:19	00:42:29	00:04:15	00:15:05	00:20:50	00:37:18			NEGREIRA
148	357	CARLOS AÑON QUEIJO	VT2M- 42	00:43:10	00:04:19	00:42:35	00:04:16	00:15:36	00:21:19	00:37:36			ARTEIXO
149	480	ALEJANDRO FERNÁNDEZ MARTÍNEZ	VT1M- 43	00:43:11	00:04:20	00:43:06	00:04:19	00:14:53	00:20:39	00:37:25			A CORUÑA
150	529	JOSE ANTONIO RODRIGUEZ BARCA	VT1M- 44	00:43:13	00:04:20	00:42:42	00:04:17	00:15:54	00:21:33	00:37:44			CARBALLO
151	488	ALEJANDRO MAHÍA REY	SNM- 39	00:43:16	00:04:20	00:43:10	00:04:19	00:15:09	00:21:00	00:37:42			A CORUÑA
152	51	ROBERTO ANDRADE VILLAR	SNM- 40	00:43:17	00:04:20	00:43:15	00:04:20	00:13:52	00:19:43	00:37:09		AD JARNACHAS	ARTEIXO
153	686	ANSELMO CASTIÑEIRAS VERDES	VT2M- 43	00:43:18	00:04:20	00:42:59	00:04:18	00:15:20	00:21:00	00:37:33			CARBALLO
154	581	OSCAR COUTO PÉREZ	VT1M- 45	00:43:19	00:04:20	00:42:42	00:04:17	00:15:19	00:21:02	00:37:40			FENE
155	532	EVARISTO GIL PERISCAL	VT3M- 16	00:43:19	00:04:20	00:43:19	00:04:20	00:15:12	00:21:01	00:37:36			SANTIAGO DE COMPOSTELA
156	347	PAULA SOUTO GARCÍA	F- 5	00:43:21	00:04:21	00:43:18	00:04:20	00:14:29	00:20:21	00:37:19			OLEIROS
157	93	ANTONIO DIAZ URBIETA	SNM- 41	00:43:28	00:04:21	00:43:07	00:04:19	00:15:49	00:21:34	00:38:05		ATLETISMO RIA DE FOZ	CARBALLO
158	374	ANGEL FERNÁNDEZ VIDAL	VT3M- 17	00:43:30	00:04:21	00:43:13	00:04:20	00:15:31	00:21:19	00:37:47			MUROS
159	275	LUIS TAJES CANOSA	VT2M- 44	00:43:41	00:04:23	00:43:03	00:04:19	00:16:07	00:21:50	00:38:04			CAMARIÑAS
160	151	MANUEL VARELA VILA	VT3M- 18	00:43:43	00:04:23	00:43:35	00:04:22	00:15:24	00:21:18	00:37:50		CORREDORES POPULARES ARMADA FERROL	PONTEDEUME
161	649	JOSE MANUEL MARTINEZ CEREUJO	VT2M- 45	00:43:48	00:04:23	00:43:32	00:04:22	00:15:21	00:21:09	00:38:01			CARBALLO
162	73	JOSÉ CHAVES PEREIRA	VT2M- 46	00:43:55	00:04:24	00:43:42	00:04:23	00:15:39	00:21:25	00:38:12	AG 2023315	ATLETISMO +9 MORAÑA	MORAÑA
163	550	JESUS VILA COTELO	VT2M- 47	00:43:55	00:04:24	00:43:51	00:04:24	00:14:26	00:20:31	00:37:57			CARBALLO
164	177	DAMIAN MARTINEZ LOPEZ	SNM- 42	00:43:56	00:04:24	00:43:41	00:04:23	00:15:24	00:21:16	00:38:03		MARZO SAUDE S.L. WWW.SAFMMARZO.COM	LUGO
165	345	JUAN MANUEL BAUTIS OTERO	VT2M- 48	00:43:57	00:04:24	00:43:54	00:04:24	00:15:05	00:21:07	00:38:16	AG2014507		AMES. MILLADOIRO
166	571	JESÚS MANUEL CASTRO GONZÁLEZ	VT2M- 49	00:44:01	00:04:25	00:43:54	00:04:24	00:15:01	00:20:53	00:38:00			CARBALLO
167	287	JESÚS VAAMONDE RÚA	VT3M- 19	00:44:02	00:04:25	00:43:56	00:04:24	00:15:07	00:21:02	00:38:13			LA CORUÑA
168	108	JESÚS COUSO GARCÍA	VT1M- 46	00:44:03	00:04:25	00:43:46	00:04:23	00:15:33	00:21:24	00:38:11		CLUB ATLETISMO NEGREIRA	NEGREIRA
169	584	JUAN MANUEL FIORELLI DIEGUEZ	VT2M- 50	00:44:11	00:04:26	00:44:07	00:04:25	00:14:59	00:20:59	00:38:20			A CORUÑA
170	593	JESUS GONZALEZ FLOREZ	SNM- 43	00:44:18	00:04:26	00:43:56	00:04:24	00:16:01	00:21:54	00:38:38			CAMBRE
171	576	OSCAR LAMAS BALBOA	VT2M- 51	00:44:22	00:04:27	00:44:04	00:04:25	00:15:03	00:21:02	00:38:25			CARBALLO
172	289	FRANCISCO J. DEL BUSTO GONZÁLEZ	VT2M- 52	00:44:22	00:04:27	00:44:02	00:04:25	00:15:44	00:21:43	00:38:48			O TEMPLE, CAMBRE
173	547	LUIS MANUEL GARCIA TABOADA	VT1M- 47	00:44:26	00:04:27	00:44:03	00:04:25	00:16:18	00:22:04	00:38:46			ARTEIXO
174	62	MARCOS MANUEL LAMAS IGLESIAS	VT2M- 53	00:44:27	00:04:27	00:44:17	00:04:26	00:15:08	00:20:54	00:38:24		ATLETA	CARBALLO
175	631	ALBERTO AREOSA BRANDON	VT2M- 54	00:44:28	00:04:27	00:44:25	00:04:27	00:15:26	00:21:28	00:38:34			CARBALLO
176	219	JOSE LUIS LOMBAO NUÑEZ	VT2M- 55	00:44:31	00:04:28	00:44:25	00:04:27	00:15:11	00:21:07	00:38:26		RUNNING OLEIROS	ALTAMIRA CAMBRE
177	74	DAVID RODRIGUEZ FRAGA	VT1M- 48	00:44:33	00:04:28	00:44:27	00:04:27	00:15:38	00:21:39	00:38:44	AG 2018844	ATLETISMO +9 MORAÑA	CATOIRA
178	268	MANUEL VÁZQUEZ RAMOS	VT2M- 56	00:44:36	00:04:28	00:44:31	00:04:28	00:15:31	00:21:34	00:38:50		VERXEL NUTRICION DEPORTIVA	ARANGA
179	34	ALBERTO POMBO PERISCAL	SNM- 44	00:44:36	00:04:28	00:44:24	00:04:27	00:15:58	00:22:02	00:39:01		A.D. MEDIADUCIA	CARBALLO
180	32	TONY NUÑEZ MUÑIZ	VT1M- 49	00:44:37	00:04:28	00:44:25	00:04:27	00:15:57	00:21:59	00:39:00		TRIATLÓN	A.D. MEDIADUCIA
181	12	ALVARO RODRIGUEZ GONZALEZ	VT2M- 57	00:44:38	00:04:28	00:44:28	00:04:27	00:15:41	00:21:36	00:38:35	GA-768931	3&RUN CLUB DE CORREDORES BY PEDRO NIMO	SANTIAGO
182	65	MARCELO BELLO GOMEZ	VT3M- 20	00:44:39	00:04:28	00:44:34	00:04:28	00:15:22	00:21:18	00:38:32		ATLETAS DE ACEA DE AMA	VILBOA CULLEREDO
183	346	PABLO GONZALEZ GONZALEZ	VT3M- 21	00:44:40	00:04:28	00:44:31	00:04:28	00:15:52	00:21:53	00:38:48			A CORUÑA
184	385	CARLOS OTERO SALIDO	SNM- 45	00:44:41	00:04:29	00:44:24	00:04:27	00:15:35	00:21:36	00:38:45			LUGO
185	208	PEDRO PACHO GONZALEZ LAGO	VT3M- 22	00:44:41	00:04:29	00:44:32	00:04:28	00:15:58	00:21:57	00:38:58		RUN4ONE	CARBALLO
186	487	RUBEN REY PENA	VT2M- 58	00:44:41	00:04:29	00:44:29	00:04:27	00:14:57	00:20:51	00:38:35			CARBALLO
187	255	ALBERTO VARELA COLLAZO	VT1M- 50	00:44:44	00:04:29	00:44:40	00:04:28	00:15:16	00:21:10	00:38:31		TRI FONSECA	A CORUÑA
188	379	JOSE MANUEL SEANE CHAS	VT3M- 23	00:44:50	00:04:29	00:44:30	00:04:27	00:15:46	00:21:42	00:38:57			CAMBRE
189	153	ADRIÁN LÓPEZ VILLAVERDE	SNM- 46	00:44:51	00:04:30	00:44:42	00:04:29	00:15:48	00:21:48	00:38:59		DIGITAL RUNNERS	A CORUÑA
190	536	ALEX BLANCO	VT2M- 59	00:44:58	00:04:30	00:44:51	00:04:30	00:15:24	00:21:27	00:39:05			CARBALLO
191	525	ALEJANDRO CAÑADA HINOJOSA	JNM- 3	00:44:58	00:04:30	00:44:50	00:04:29	00:16:04	00:22:03	00:39:13			A CORUÑA
192	446	ENRIQUE IGLESIAS GONZALEZ	VT3M- 24	00:45:02	00:04:31	00:44:55	00:04:30	00:15:57	00:22:00	00:39:06			VILBOA
193	122	ADRIÁN CANDAL CASTRO	SNM- 47	00:45:06	00:04:31	00:44:54	00:04:30	00:15:50	00:21:52	00:39:16		CLUB ATLETISMO SADA	SADA

194	355	ENRIQUE RODRIGUEZ DOMINGUEZ	VT2M- 60	00:45:06	00:04:31	00:44:52	00:04:30	00:15:38	00:21:43	00:38:58		CORCUBION		
195	680	RAMON CAMPOS COSTA	VT3M- 25	00:45:07	00:04:31	00:44:53	00:04:30	00:15:38	00:21:43	00:38:58		CORCUBION		
196	545	DANIEL CAGIDE LEON	SNM- 48	00:45:07	00:04:31	00:44:59	00:04:30	00:15:36	00:21:42	00:39:15		A CORUÑA		
197	589	CARLOS PUGA POSE	VT1M- 51	00:45:10	00:04:31	00:45:03	00:04:31	00:15:47	00:21:54	00:39:18		CARBALLO		
198	100	FRANCISCO XOSÉ CANDIA DURÁN	VT2M- 61	00:45:13	00:04:32	00:45:11	00:04:32	00:15:23	00:21:25	00:39:13	CAMPUS TERRA DA USC	LUGO		
199	458	MANUEL VIÑA REMUIÑÁN	VT2M- 62	00:45:14	00:04:32	00:45:01	00:04:31	00:15:55	00:21:52	00:39:08		CARBALLO		
200	200	JUAN CARLOS DOMATO VERDÍA	VT1M- 52	00:45:14	00:04:32	00:45:07	00:04:31	00:15:40	00:21:47	00:39:16	OS DESBROZA CARRETERAS	ARTEIXO		
201	713	JOSÉ MANUEL RIOS GIBELLO	VT3M- 26	00:45:16	00:04:32	00:45:09	00:04:31	00:15:14	00:21:18	00:38:59	RUNNING OLEIROS	A CORUÑA		
202	278	REYNALDO BOTANA JIMENEZ	VT2M- 63	00:45:21	00:04:33	00:45:14	00:04:32	00:15:56	00:22:06	00:39:32		CARRAL		
203	441	MARTIN REGO POSE	SNM- 49	00:45:21	00:04:33	00:45:04	00:04:31	00:15:25	00:21:20	00:38:54		VIMIANZO		
204	417	ENRIQUE JORGE RAMA RODRÍGUEZ	VT3M- 27	00:45:24	00:04:33	00:45:11	00:04:32	00:15:54	00:21:59	00:39:17		A CORUÑA		
205	659	JONATHAN POSE COUTO	SNM- 50	00:45:24	00:04:33	00:45:08	00:04:31	00:16:33	00:22:35	00:39:44		CORISTANCO		
206	360	RODRIGO MARINO TAIBO	VT1M- 53	00:45:26	00:04:33	00:44:52	00:04:30	00:16:27	00:22:28	00:39:41		MESOIRO		
207	282	ANGEL JOSE TURRION PEREIRO	VT3M- 28	00:45:32	00:04:34	00:45:22	00:04:33	00:16:04	00:22:04	00:39:35		A CORUÑA		
208	301	FRANCISCO JAVIER MARTINEZ SANTOS	VT2M- 64	00:45:32	00:04:34	00:45:30	00:04:33	00:15:32	00:21:42	00:39:36		A CORUÑA		
209	303	ANTONIO BARREIRO CORDEIRO	VT2M- 65	00:45:36	00:04:34	00:45:22	00:04:33	00:16:08	00:22:15	00:39:39		A BAÑA		
210	646	ADRIÁN CAAMAÑO PENSADO	SNM- 51	00:45:41	00:04:35	00:45:34	00:04:34	00:16:18	00:22:25	00:39:58		CORISTANCO		
211	574	ANTONIO SUAREZ POMBO	SNM- 52	00:45:43	00:04:35	00:45:32	00:04:34	00:15:45	00:21:55	00:39:38		A CORUÑA		
212	409	ALEJANDRO PAZOS LÓPEZ	VT1M- 54	00:45:43	00:04:35	00:45:05	00:04:31	00:16:38	00:22:41	00:39:49		BERTAMIRANS		
213	110	JOSE MANUEL ALBORES DIAZ	VT4M- 5	00:45:46	00:04:35	00:45:39	00:04:34	00:15:51	00:21:58	00:39:41	CLUB ATLETISMO NOIA	LOUSAME		
214	516	DAVID BOTANA LOUREIRO	SNM- 53	00:45:48	00:04:35	00:45:25	00:04:33	00:16:28	00:22:37	00:39:56		A CORUÑA		
215	185	MARTIN EUGENIO RODRIGUEZ GOMEZ	VT1M- 55	00:45:49	00:04:35	00:45:25	00:04:33	00:16:25	00:22:35	00:39:57	NOITEBRA F.C.	SANTIAGO DE COMPOSTELA		
216	570	JUAN JOSE GARCIA LOPEZ	VT3M- 29	00:45:53	00:04:36	00:45:45	00:04:35	00:16:24	00:22:36	00:40:11		A CORUÑA		
217	632	SERGIO CEBEY LAMAS	SNM- 54	00:45:53	00:04:36	00:45:28	00:04:33	00:16:48	00:22:56	00:40:18		CARBALLO		
218	661	DIEGO RAMA MATO	SNM- 55	00:45:53	00:04:36	00:45:48	00:04:35	00:15:46	00:21:54	00:39:48		VIMIANZO		
219	665	JOSÉ JUAN RAMOS BOTANA	VT2M- 66	00:45:53	00:04:36	00:45:48	00:04:35	00:15:45	00:21:53	00:39:47		BUÑO		
220	433	EUSEBIA MALDONADO	F- 6	VT1F- 2	00:45:53	00:04:36	00:45:41	00:04:35	00:16:00	00:22:03	00:39:50	NO TENGO	A CORUÑA	
221	392	JOAQUÍN PAMPÍN BARREIRO	VT1M- 56	00:45:54	00:04:36	00:45:49	00:04:35	00:15:50	00:22:01	00:39:47		A CORUÑA		
222	698	JORGÉ FORMOSO CASTRO	SNM- 56	00:45:56	00:04:36	00:45:37	00:04:34	00:16:17	00:22:24	00:40:12		NEDA		
223	64	ANTONIO GARCIA BELLO	VT3M- 30	00:46:00	00:04:36	00:45:56	00:04:36	00:15:44	00:21:59	00:39:50	ATLETAS DE ACEA DE AMA	EL TEMPLE		
224	350	JAVIER VARELA GÓMEZ	VT2M- 67	00:46:04	00:04:37	00:45:54	00:04:36	00:15:54	00:22:01	00:39:52		BRIÓN		
225	115	ESTEBAN SUEIRO IGLESIAS	VT2M- 68	00:46:06	00:04:37	00:46:00	00:04:36	00:16:19	00:22:26	00:40:02	CLUB ATLETISMO O PINO	SANTIAGO		
226	117	MARCOS ANTONIO BLANCO FIGUEIRIDO	VT2M- 69	00:46:07	00:04:37	00:46:00	00:04:36	00:16:25	00:22:36	00:40:04	AG9519	C.A.O. - CLUB ATLETISMO OUTES	SERRA DE OUTES	
227	197	MARÍA NOVO LAGO	F- 7	SNF- 4	00:46:11	00:04:38	00:46:06	00:04:37	00:16:11	00:22:21	00:40:13	NOSPORTLIMIT	A CORUÑA	
228	292	JOSE RAMON GARCÍA MARIÑO	VT3M- 31	00:46:11	00:04:38	00:45:46	00:04:35	00:16:34	00:22:38	00:40:19		CARBALLO		
229	133	ALEJANDRO LOUREDA LOUZAN	SNM- 57	00:46:13	00:04:38	00:45:53	00:04:36	00:16:40	00:22:49	00:40:12	CLUB CICLISTA ABEGONDO	ABEGONDO		
230	514	JOSÉ RAMÓN RODRÍGUEZ BECERRA	VT2M- 70	00:46:14	00:04:38	00:45:49	00:04:35	00:16:53	00:22:57	00:40:13		CARBALLO		
231	99	JOSE MANUEL DOPICO SOTO	VT4M- 6	00:46:15	00:04:38	00:46:12	00:04:38	00:16:00	00:22:12	00:40:15	AG 2020205	C.D. EGOVARROS-VIVEIRO	NEDA	
232	66	RICARDO CALVO LÓPEZ	VT2M- 71	00:46:16	00:04:38	00:46:01	00:04:37	00:16:33	00:22:49	00:40:17		ATLETAS DE ACEA DE AMA	A CORUÑA	
233	353	DAVID LIÑARES AMOR	SNM- 58	00:46:18	00:04:38	00:46:13	00:04:38	00:16:05	00:22:16	00:40:10		BERGONDO		
234	249	PAULA TRILLO CALO	F- 8	SNF- 5	00:46:20	00:04:38	00:45:46	00:04:35	00:16:42	00:22:49	00:40:19	AG 2022634	TERRA DE SONEIRA C.D.	VIMIANZO
235	251	FERNANDO JOSE DE ALMEIDA REY	VT1M- 57	00:46:21	00:04:39	00:45:52	00:04:36	00:16:22	00:22:19	00:40:06		TRAN-TRAN	AMES	
236	608	TERE PARRADO PINAQUE	F- 9	SNF- 6	00:46:21	00:04:39	00:46:18	00:04:38	00:15:52	00:22:11	00:40:08		AMES	
237	707	DANIEL CASTRO MOSCOSO	VT1M- 58	00:46:21	00:04:39	00:46:13	00:04:38	00:15:51	00:22:05	00:40:09	AG2024005	CLUB ATLETISMO O PINO	CULLEREDO	
238	114	EVA DE LA FUENTE IGLESIAS	F- 10	VT2F- 2	00:46:22	00:04:39	00:46:15	00:04:38	00:15:53	00:22:11	00:40:08	CLUB ATLETISMO O PINO	SANTIAGO	
239	503	JOSE ANTONIO VARELA ARANTON	VT1M- 59	00:46:24	00:04:39	00:46:17	00:04:38	00:16:04	00:22:18	00:40:23		CARBALLO		
240	637	GERMAN FARIÑA	VT1M- 60	00:46:26	00:04:39	00:46:16	00:04:38	00:16:12	00:22:31	00:40:31		CARBALLO		
241	591	JAVIER BARRO ORDOVÁS	VT2M- 72	00:46:27	00:04:39	00:46:24	00:04:39	00:15:56	00:22:02	00:40:07		ORDES		
242	470	ELOY CABEZA VARELA	SNM- 59	00:46:27	00:04:39	00:46:04	00:04:37	00:16:52	00:23:02	00:40:32		CARBALLO		
243	376	MANUEL JULIO SUAREZ MARTIN	VT3M- 32	00:46:28	00:04:39	00:46:14	00:04:38	00:16:07	00:22:19	00:40:12		CULLEREDO		
244	48	ANGEL VILLAR AGUIAR	VT1M- 61	00:46:31	00:04:40	00:46:17	00:04:38	00:15:51	00:22:05	00:40:17	A.D. DOWNHILL LARACHA	A LARACHA		
245	366	TOMÁS GONZÁLEZ VIDAL	SNM- 60	00:46:32	00:04:40	00:46:23	00:04:39	00:16:32	00:22:48	00:40:33		A CORUÑA		
246	139	NATALIA RIVAS SUÁREZ	F- 11	VT2F- 3	00:46:33	00:04:40	00:46:16	00:04:38	00:16:38	00:22:52	00:40:29	AG2022593	CLUB DEPORTIVO OS MUDITOS	CARBALLO
247	300	JOSÉ GÓMEZ VIAÑO	VT3M- 33	00:46:33	00:04:40	00:46:27	00:04:39	00:15:58	00:22:09	00:40:08		AMES		
248	155	RUBEN MARTINEZ DEL RIO	VT2M- 73	00:46:34	00:04:40	00:46:15	00:04:38	00:16:43	00:22:59	00:40:40	DREAM TEAM	O TEMPLE - CAMBRE		
249	719	DOMINGO MIGUEL ARIAS	VT3M- 34	00:46:34	00:04:40	00:46:18	00:04:38	00:16:33	00:22:49	00:40:24		CULLEREDO		
250	340	JESÚS ÁNGEL SANTIUSTE INSUA	VT3M- 35	00:46:38	00:04:40	00:46:23	00:04:39	00:16:47	00:22:54	00:40:24		LA CORUÑA		
251	372	ALBERT CARBALLAL IGLESIAS	VT1M- 62	00:46:42	00:04:41	00:46:19	00:04:38	00:17:02	00:23:25	00:40:47		LALIN		
252	319	DIONISIO JOSE BUENO GARCIA	VT3M- 36	00:46:45	00:04:41	00:46:23	00:04:39	00:16:34	00:22:47	00:40:29		BERGONDO		
253	717	JOAQUIN DOCAMPO GARCIA	VT1M- 63	00:46:45	00:04:41	00:46:34	00:04:40	00:15:53	00:22:03	00:40:25		SADA		
254	697	ALEJANDRO PEREZ ABOLI	VT2M- 74	00:46:46	00:04:41	00:46:15	00:04:38	00:17:05	00:23:17	00:40:58		CAMBRE		
255	211	PABLO TORREIRA CORRAL	SNM- 61	00:46:48	00:04:41	00:46:37	00:04:40	00:16:01	00:22:07	00:40:12	RUN4ONE	CARBALLO		
256	444	PEDRO CALDAS CASTRO	SNM- 62	00:46:51	00:04:42	00:46:39	00:04:40	00:15:30	00:21:42	00:40:21		CARBALLO		
257	396	ROBERTO BLANCO EIRAS	VT2M- 75	00:46:51	00:04:42	00:46:16	00:04:38	00:17:04	00:23:23	00:41:01		A CORUÑA		
258	339	MARÍA FRAGA RIVAS	F- 12	SNF- 7	00:46:52	00:04:42	00:46:47	00:04:41	00:16:21	00:22:41	00:40:48		A CORUÑA	
259	11	DAVID HERRERA GARCÍA	VT1M- 64	00:46:52	00:04:42	00:46:51	00:04:42	00:13:00	00:22:41	00:40:48	3&RUN CLUB DE CORREDORES BY PEDRO NIMO	A CORUÑA		

260	413	JUAN MANEL SOUTO GONZALEZ	SNM- 63	00:46:54	00:04:42	00:46:41	00:04:41	00:16:28	00:22:37	00:40:53		VILELA
261	705	IVAN FOLLA-CISNEROS VIDAL	VT2M- 76	00:46:54	00:04:42	00:46:41	00:04:41	00:16:30	00:22:46	00:40:51	BEER & RUNNERS CORUÑA	A CORUÑA
262	625	VENANCIO MÉNDEZ DIAZ	VT3M- 37	00:46:56	00:04:42	00:22:49	00:02:17	00:16:40	00:22:57	00:40:55		VILALBA
263	216	GELI LOPEZ VILAS	F- 13 VT3F- 1	00:47:00	00:04:42	00:46:38	00:04:40	00:16:46	00:22:56	00:40:46	RUNNING ARTEIXO	ARTEIXO
264	448	JOSE RAMON RODRIGUEZ VILELA	VT2M- 77	00:47:01	00:04:43	00:46:40	00:04:40	00:16:41	00:22:52	00:40:47		A CORUÑA
265	311	MANUEL INSUA INSUA	VT3M- 38	00:47:05	00:04:43	00:46:42	00:04:41	00:16:48	00:22:58	00:40:47		FISTERRA
266	57	OSCAR RELLÁN	VT1M- 65	00:47:07	00:04:43	00:46:52	00:04:42	00:16:51	00:22:57	00:40:59	ALTAFIT GYM CLUB	ARTEIXO
267	648	FRANCISCO JAVIER FRANCO CAMBON	VT1M- 66	00:47:07	00:04:43	00:46:52	00:04:42	00:16:51	00:22:57	00:40:59		LARACHA
268	644	MARCOS CASTRO RODRIGUEZ	SNM- 64	00:47:11	00:04:44	00:46:59	00:04:42	00:16:10	00:22:27	00:40:47		CARBALLO
269	679	SAMUEL IGLESIAS RAMA	SNM- 65	00:47:11	00:04:44	00:46:46	00:04:41	00:17:15	00:23:24	00:41:15		CARBALLO
270	688	MARCOS PENSADO TORRES	VT1M- 67	00:47:12	00:04:44	00:46:48	00:04:41	00:16:53	00:23:00	00:40:54		CARBALLO
271	381	JUAN JOSE REDONDO LAGO	VT4M- 7	00:47:12	00:04:44	00:46:44	00:04:41	00:16:37	00:22:52	00:40:52		A CORUÑA
272	600	ANTONIO PATIÑO GARCIA	SNM- 66	00:47:13	00:04:44	00:46:51	00:04:42	00:16:32	00:22:54	00:41:18		ARTEIXO
273	676	NATI ROMERO VIÑAS	F- 14 VT1F- 3	00:47:16	00:04:44	00:47:10	00:04:43	00:16:21	00:22:35	00:40:53		NOIA
274	188	ALFONSO RODRIGUEZ FRAMIL	VT1M- 68	00:47:21	00:04:45	00:47:01	00:04:43	00:17:03	00:23:18	00:41:13	AG-2020368	NOITEBRA F.C.
275	338	MARTÍN DOMÍNGUEZ BRENLLA	VT1M- 69	00:47:22	00:04:45	00:47:05	00:04:43	00:16:02	00:22:16	00:40:44		ZAS
276	723	DIEGO LOPEZ GONZÁLEZ	VT2M- 78	00:47:23	00:04:45	00:47:05	00:04:43	00:16:31	00:22:45	00:41:02		BETANZOS
277	246	VÍCTOR HUGO CONDE LÓPEZ	VT2M- 79	00:47:25	00:04:45	00:47:22	00:04:45	00:16:16	00:22:48	00:41:10	TERRA DE SONEIRA C.D.	CEE
278	307	MANUEL OUTES PAZ	VT4M- 8	00:47:26	00:04:45	00:47:07	00:04:43	00:16:33	00:22:47	00:41:16		CARBALLO
279	50	JUAN PÉREZ FERREIRO	VT1M- 70	00:47:27	00:04:45	00:47:16	00:04:44	00:15:28	00:21:35	00:40:34	A.D. FOGAR	A CORUÑA
280	380	JAIMÉ LÓPEZ CAINZOS	VT2M- 80	00:47:30	00:04:45	00:47:13	00:04:44	00:16:46	00:22:54	00:41:01		A CORUÑA
281	285	PEDRO MANUEL SALIDO VARELA	VT2M- 81	00:47:30	00:04:45	00:47:22	00:04:45	00:16:18	00:22:53	00:41:20		OLEIROS
282	199	BELÉN PEREZ MARTINEZ	F- 15 VT2F- 4	00:47:30	00:04:45	00:47:16	00:04:44	00:16:39	00:23:01	00:41:28	OLIMPIA CEE	CEE
283	174	MANUEL ERNESTO RODRIGUEZ NION	VT2M- 82	00:47:32	00:04:46	00:47:12	00:04:44	00:16:58	00:23:18	00:41:18	MANU	CARBALLO
284	43	CARLOS ADRIÁN CARUSO TORRISI	VT3M- 39	00:47:33	00:04:46	00:47:10	00:04:43	00:16:27	00:22:34	00:41:19	A.D. MEDIADUCIA	CARBALLO
285	204	JUAN ANGEL BLANCO GARCIA	VT3M- 40	00:47:35	00:04:46	00:47:22	00:04:45	00:15:49	00:22:02	00:40:56	PINAR DE CABAÑAS	PONTEDEUME
286	27	CARLOS EIRIS ESPAÑA	VT2M- 83	00:47:35	00:04:46	00:47:19	00:04:44	00:16:40	00:22:56	00:41:18	A.D. MEDIADUCIA	CARBALLO
287	180	SUSANA FERNANDEZ COPA	F- 16 VT3F- 2	00:47:37	00:04:46	00:47:18	00:04:44	00:16:52	00:23:07	00:41:18	MULLER EN FORMA	LUGO
288	96	FERMIN PAN OTERO	VT4M- 9	00:47:40	00:04:46	00:47:24	00:04:45	00:17:11	00:23:36	00:41:45	C.D. EGOVARROS-VIVEIRO	A CORUÑA
289	344	ELISA PAZ SOUTO	F- 17 VT3F- 3	00:47:45	00:04:47	00:47:41	00:04:47	00:16:18	00:22:40	00:41:12		A CORUÑA
290	604	ZEUS EMMANUEL DA SILVA BRANDAO	VT1M- 71	00:47:45	00:04:47	00:47:32	00:04:46	00:16:50	00:23:07	00:41:35		CARBALLO
291	242	FRANCISCO JAVIER LEMA PEREZ	VT4M- 10	00:47:47	00:04:47	00:47:35	00:04:46	00:16:28	00:22:47	00:41:15	AG 2022396	TERRA DE SONEIRA C.D.
292	17	YASMINA BEN-HAKIM PARDINAS	F- 18 SNF- 8	00:47:49	00:04:47	00:47:42	00:04:47	00:15:53	00:22:10	00:41:04	A.D. DOWNHILL LARACHA	CIUTADELLA
293	567	FRANCISCO FERNÁNDEZ SÁNCHEZ	SNM- 67	00:47:52	00:04:48	00:47:29	00:04:45	00:16:09	00:22:32	00:41:41		CARBALLO
294	342	JUAN MANUEL LAMAS BELLO	VT2M- 84	00:47:57	00:04:48	00:47:44	00:04:47	00:15:59	00:22:11	00:41:06	AG-2018151	A LARACHA
295	414	ROGELIO MANUEL PEREZ MIÑONES	VT3M- 41	00:47:58	00:04:48	00:47:40	00:04:46	00:16:47	00:23:03	00:41:42		A CORUÑA
296	450	JOSE ANTONIO PENEDO RODRIGUEZ	VT2M- 85	00:47:58	00:04:48	00:47:47	00:04:47	00:16:40	00:23:09	00:41:41		CARBALLO
297	647	JOSE LUIS ROEL MIRANDA	VT2M- 86	00:48:08	00:04:49	00:47:49	00:04:47	00:17:10	00:23:43	00:42:04		A LARACHA
298	467	JOSE GONZÁLEZ BLANCO	SNM- 68	00:48:13	00:04:50	00:47:49	00:04:47	00:16:40	00:23:04	00:41:43		PAZOS-PUENTECESO
299	582	JOSE MARTINEZ ZAS	VT2M- 87	00:48:15	00:04:50	00:47:50	00:04:47	00:16:53	00:23:11	00:41:45		ARTEIXO
300	573	DANIEL MOURELLE CASTRO	SNM- 69	00:48:16	00:04:50	00:48:01	00:04:49	00:16:15	00:22:34	00:41:49		ZAS
301	68	ANTONIO SANTOS	VT3M- 42	00:48:16	00:04:50	00:47:47	00:04:47	00:16:56	00:23:19	00:42:00	AG 2024888	ATLETICA A SILVA
302	620	EDUARDO DANIEL FERNANDEZ SANCHEZ	VT3M- 43	00:48:21	00:04:51	00:48:04	00:04:49	00:17:15	00:23:38	00:42:03		LA CORUÑA
303	156	JUAN CARLOS SERRANO ALVAREZ	VT1M- 72	00:48:22	00:04:51	00:48:06	00:04:49	00:16:48	00:23:15	00:41:55	DUBRA TEAM	CARBALLO
304	276	JOSÉ ANTONIO BLANCO BARREIRO	VT4M- 11	00:48:23	00:04:51	00:48:09	00:04:49	00:16:39	00:23:03	00:41:53		SANTIAGO DE COMPOSTELA
305	538	ALFONSO SÁNCHEZ GARCÍA	VT2M- 88	00:48:24	00:04:51	00:48:05	00:04:49	00:16:54	00:23:15	00:41:51		A CORUÑA
306	302	ISIDRO SANCHEZ GONZALEZ	VT2M- 89	00:48:25	00:04:51	00:47:59	00:04:48	00:16:54	00:23:16	00:41:55		MESOIRO
307	512	MANUEL LAMAS BELLO	VT4M- 12	00:48:27	00:04:51	00:48:21	00:04:51	00:16:44	00:23:04	00:41:56		CARBALLO
308	722	JOSE CERQUEIRO CONDE	VT3M- 44	00:48:28	00:04:51	00:48:15	00:04:50	00:16:08	00:22:37	00:42:12		SANTIAGO
309	453	CARLOS CIVÉS DURO	VT4M- 13	00:48:31	00:04:52	00:48:21	00:04:51	00:17:05	00:23:33	00:42:15		SANTIAGO DE COMPOSTELA
310	178	TANIA GARCIA NOVO	F- 19 SNF- 9	00:48:31	00:04:52	00:48:16	00:04:50	00:16:32	00:22:59	00:41:57	MARZO SAUDE S.L. WWW.SAFMMARZO.COM	LUGO
311	399	NACHO PEREIRA NAVAZA	VT2M- 90	00:48:35	00:04:52	00:48:15	00:04:50	00:17:17	00:23:46	00:42:27		CARBALLO
312	653	MARIA RAMOS VIGO	F- 20 SNF- 10	00:48:35	00:04:52	00:48:29	00:04:51	00:16:38	00:23:14	00:42:12		SANTIAGO DE COMPOSTELA
313	590	FELIX ALONSO	VT1M- 73	00:48:36	00:04:52	00:48:11	00:04:50	00:17:47	00:24:04	00:42:07		CORUÑA
314	76	ANTONIO REMUIÑÁN SÁNCHEZ	VT4M- 14	00:48:36	00:04:52	00:48:17	00:04:50	00:17:15	00:23:45	00:42:22	GA765470	ATLETISMO CARBALLO
315	123	ANGELES CASTRO FERNANDEZ	F- 21 VT2F- 5	00:48:37	00:04:52	00:48:25	00:04:51	00:16:58	00:23:21	00:42:11	CLUB ATLETISMO SADA	A CORUÑA
316	641	ANA RIVERO VIDAL	F- 22 SNF- 11	00:48:39	00:04:52	00:48:23	00:04:51	00:16:44	00:23:05	00:42:00		IRIXOA
317	527	JUAN ENRIQUE FREIRE RODRÍGUEZ	VT4M- 15	00:48:40	00:04:52	00:48:22	00:04:51	00:17:14	00:23:43	00:42:22		A CORUÑA
318	291	BEATRIZ OLVEIRA TRABA	F- 23 VT2F- 6	00:48:42	00:04:53	00:48:27	00:04:51	00:17:10	00:23:47	00:42:23		CORCUBION
319	86	MANUEL CEIDE SANTOS	VT4M- 16	00:48:42	00:04:53	00:48:25	00:04:51	00:17:42	00:24:13	00:42:34	ATLETISMO FRIOL	FRIOL
320	113	JUAN LUIS BOTANA FERREIRO	VT4M- 17	00:48:44	00:04:53	00:48:29	00:04:51	00:17:33	00:23:55	00:42:19	CLUB ATLETISMO O PINO	SANTIAGO DE COMPOSTELA
321	207	IAGO TAJUELO FERRER	SNM- 70	00:48:47	00:04:53	00:48:19	00:04:50	00:17:15	00:23:45	00:42:23	PULPEIROS MUGARDOS	FERROL
322	308	VICTOR XESUS MOSQUERA RODRIGUEZ	VT1M- 74	00:48:49	00:04:53	00:48:14	00:04:50	00:17:25	00:23:57	00:42:41		A CORUÑA
323	295	MIGUEL AÑON DOCAMPO	VT1M- 75	00:48:52	00:04:54	00:48:31	00:04:52	00:17:00	00:23:24	00:42:11		CARBALLO
324	304	IVÁN PARDAL COCA	SNM- 71	00:48:53	00:04:54	00:48:50	00:04:53	00:16:43	00:23:29	00:42:27		BRIÓN
325	270	JORGE GALLEGU FERNÁNDEZ	SNM- 72	00:48:53	00:04:54	00:48:31	00:04:52	00:16:29	00:22:54	00:42:24		ARTEIXO

326	67	RAMÓN ANGEL CONDE BERMUDEZ	VT4M- 18	00:48:55	00:04:54	00:48:48	00:04:53	00:17:11	00:23:53	00:42:40		ATLETAS VETERANOS OURENSE	MILLADOIRO (AMES)
327	553	RUBEN SOUTULLO SOUTO	SNM- 73	00:48:55	00:04:54	00:48:38	00:04:52	00:17:08	00:23:32	00:42:35			LA CORUÑA
328	286	MANUEL JOSE REY PAULOS	VT4M- 19	00:48:59	00:04:54	00:48:36	00:04:52	00:17:30	00:23:59	00:42:43			CARBALLO
329	621	ANTONIO MALLO PUGA	VT3M- 45	00:49:00	00:04:54	00:48:55	00:04:54	00:17:23	00:24:03	00:42:48			CARBALLO
330	23	SUSO RAMOS RODRIGUEZ	VT3M- 46	00:49:00	00:04:54	00:48:43	00:04:53	00:17:09	00:23:32	00:42:21	AG 2022293	A.D. DOWNHILL LARACHA	A LARACHA
331	46	MARCOS AMADO LOUREIRO	VT2M- 91	00:49:01	00:04:55	00:48:44	00:04:53	00:17:09	00:23:32	00:42:22	CICLOTURISTA M	A.D. DOWNHILL LARACHA	A LARACHA
332	187	JESUS PEREZ BALIRAC	VT3M- 47	00:49:02	00:04:55	00:48:43	00:04:53	00:17:31	00:24:07	00:42:38	AG-2020370	NOITEBRA F.C.	SANTIAGO DE COMPOSTELA
333	601	ROBERTO MARTÍNEZ PENA	SNM- 74	00:49:05	00:04:55	00:48:51	00:04:54	00:17:02	00:23:29	00:42:47			CARBALLO
334	612	DAVID RABUÑAL MARTÍNEZ	SNM- 75	00:49:05	00:04:55	00:48:52	00:04:54	00:17:13	00:23:58	00:43:00			ARTEIXO
335	384	JUAN CARLOS MENÉNDEZ DOMÍNGUEZ	VT3M- 48	00:49:09	00:04:55	00:49:05	00:04:55	00:16:52	00:23:25	00:42:41			ARTEIXO
336	198	ANTONIO FUENTES SEOANE	VT2M- 92	00:49:10	00:04:55	00:48:40	00:04:52	00:17:14	00:23:47	00:42:45		O SILBATO	CULLEREDO
337	585	ÁNGEL MANUEL DIÉGUEZ ROMERO	VT1M- 76	00:49:10	00:04:55	00:48:40	00:04:52	00:17:14	00:23:47	00:42:45			A CORUÑA
338	77	ALFONSO REMUIÑAN SANCHEZ	VT3M- 49	00:49:10	00:04:55	00:48:51	00:04:54	00:16:26	00:22:51	00:42:23	GA765469	ATLETISMO CARBALLO	A CORUÑA
339	241	SERGIO LEMA POSE	VT1M- 77	00:49:11	00:04:56	00:48:43	00:04:53	00:18:05	00:24:29	00:43:07		TERRA DE SONEIRA C.D.	VIMIANZO
340	37	MARTINA TASENDE ANDRADE	F- 24	VT1F- 4	00:49:14	00:04:56	00:48:58	00:04:54	00:17:01	00:23:32	00:42:48	A.D. MEDIADUCIA	CARBALLO
341	477	JOSÉ RAMÓN CASTRO IROA	VT3M- 50	00:49:15	00:04:56	00:49:05	00:04:55	00:17:17	00:23:55	00:43:09			CARBALLO
342	371	JOSÉ MANUEL ÁLVAREZ LOUREIRO	VT3M- 51	00:49:22	00:04:57	00:48:44	00:04:53	00:18:18	00:24:44	00:43:03			A CORUÑA
343	509	JAVIER LOPEZ PARDO	JNM- 4	00:49:27	00:04:57	00:49:14	00:04:56	00:15:57	00:22:36	00:42:44			CARBALLO
344	157	JESÚS R. RODRÍGUEZ MUÍÑO	SNM- 76	00:49:28	00:04:57	00:49:09	00:04:55	00:17:46	00:24:15	00:43:14		ESPARTANOS GRUPO CALVO	CARBALLO
345	305	FERNANDO JOSÉ SALES AGRA	VT1M- 78	00:49:28	00:04:57	00:49:10	00:04:55	00:17:46	00:24:15	00:43:14			CAMBRE
346	543	SANTIAGO ESTEVEZ SOLAN	VT1M- 79	00:49:28	00:04:57	00:48:52	00:04:54	00:17:42	00:24:11	00:42:57			CARBALLO
347	675	AXIER GUINEA VADILLO	VT2M- 93	00:49:29	00:04:57	00:48:57	00:04:54	00:17:07	00:23:36	00:42:49			ARTEIXO
348	672	JAVIER MOAR VAZQUEZ	PRM- 2	00:49:30	00:04:57	00:48:59	00:04:54	00:18:01	00:24:37	00:43:15			A CORUÑA
349	454	RICARDO RUBIO ALAMEDA	VT3M- 52	00:49:33	00:04:58	00:49:19	00:04:56	00:17:11	00:23:44	00:43:07			LA CORUÑA
350	577	ALEJANDRO BARRAL AVALOS	SNM- 77	00:49:37	00:04:58	00:49:09	00:04:55	00:18:21	00:25:04	00:43:31			CAMBRE
351	513	XOAN ALONSO MESEJO	VT3M- 53	00:49:38	00:04:58	00:49:26	00:04:57	00:17:01	00:23:40	00:42:56			CARBALLO
352	387	MARCOS FERREIRO VARELA	VT2M- 94	00:49:40	00:04:58	00:49:12	00:04:56	00:17:45	00:24:17	00:43:13			ARTEIXO
353	445	DANIEL ANTELO MONTES	VT2M- 95	00:49:41	00:04:59	00:49:16	00:04:56	00:17:41	00:24:22	00:43:46			CARBALLO
354	306	JOSÉ LUIS LÓPEZ LÓPEZ	SNM- 78	00:49:44	00:04:59	00:49:25	00:04:57	00:17:08	00:23:44	00:42:46			A FONSGRADA
355	233	ALEJANDRO VÁZQUEZ GARCÍA	VT1M- 80	00:49:47	00:04:59	00:49:41	00:04:59	00:16:31	00:23:13	00:43:08		SAUNIER DUVAL	CAMBRE
356	615	ANGEL VEITES ASENSIO	VT2M- 96	00:49:52	00:05:00	00:49:16	00:04:56	00:18:30	00:25:11	00:43:53			A LARACHA
357	654	ALBERTO SIEIRO PAZ	VT2M- 97	00:49:54	00:05:00	00:49:37	00:04:58	00:18:28	00:25:03	00:43:34			SANTIAGO DE COMPOSTELA
358	410	JOSE ANGEL LORENZO RIVEIRO	VT2M- 98	00:49:55	00:05:00	00:49:48	00:04:59	00:17:08	00:23:46	00:43:11			CULLEREDO
359	460	MANUEL PEREZ PENSADO	VT1M- 81	00:49:57	00:05:00	00:49:48	00:04:59	00:17:16	00:23:55	00:43:13			CARBALLO
360	473	FRANCISCO DUBRA GARCIA	VT2M- 99	00:50:00	00:05:00	00:49:40	00:04:58	00:17:43	00:24:16	00:43:29			CARBALLO
361	136	DIEGO VÁZQUEZ BENDAÑA	SNM- 79	00:50:01	00:05:01	00:49:48	00:04:59	00:16:11	00:22:49	00:42:54		CLUB DE ATLETISMO DE ARZÚA	ARZUA
362	354	JUAN DOMATO AÑÓN	VT1M- 82	00:50:01	00:05:01	00:49:45	00:04:59	00:17:53	00:24:41	00:43:54			CORUÑA
363	720	DAVID COUTO BLANCO	VT1M- 83	00:50:02	00:05:01	00:49:35	00:04:58	00:17:48	00:24:39	00:43:45			ZAS
364	335	JORGE BLANCO FERNANDEZ	VT2M- 100	00:50:08	00:05:01	00:49:43	00:04:59	00:17:44	00:24:25	00:43:53			A CORUÑA
365	696	MAIKEL PAZOS SÁNCHEZ	SNM- 80	00:50:11	00:05:02	00:49:41	00:04:59	00:18:31	00:25:02	00:44:09			CARBALLO
366	451	JORGE ALBERTO HERNÁNDEZ GIADÁNS	VT3M- 54	00:50:12	00:05:02	00:49:51	00:05:00	00:17:45	00:24:17	00:43:30			SIGÜEIRO
367	606	CARLOS SEÑARÍS BALSAS	PRM- 3	00:50:16	00:05:02	00:49:42	00:04:59	00:17:42	00:24:24	00:43:58			CARBALLO
368	206	ALFONSO TAJUELO GIL	VT3M- 55	00:50:17	00:05:02	00:49:50	00:04:59	00:17:17	00:23:56	00:43:15		PULPEIROS MUGARDOS	FERROL
369	650	ALBERTO PEDREIRA FERNANDEZ	VT2M- 101	00:50:17	00:05:02	00:49:55	00:05:00	00:17:57	00:24:40	00:43:56			A CORUÑA
370	31	LUÍS ALBERTO GÓMEZ PRECEDO	SNM- 81	00:50:20	00:05:02	00:49:44	00:04:59	00:17:15	00:23:57	00:43:36		A.D. MEDIADUCIA	CARBALLO
371	655	PAULA LÓPEZ SENÍN	F- 25	VT1F- 5	00:50:20	00:05:02	00:50:03	00:05:01	00:17:26	00:24:00	00:43:25		SANTIAGO DE COMPOSTELA
372	405	GIOVANNI QUINTANS MELENDEZ	VT2M- 102	00:50:28	00:05:03	00:47:07	00:04:43	00:22:21	00:27:54	00:44:39			LA CORUNA
373	619	ANTONIO IGLESIAS NOGUEIRA	VT2M- 103	00:50:31	00:05:04	00:50:13	00:05:02	00:18:17	00:25:13	00:44:08			MILLADOIRO
374	261	ALBA TAJUELO FERRER	F- 26	SNF- 12	00:50:35	00:05:04	00:50:07	00:05:01	00:18:39	00:25:24	00:44:16		UNI FERROL
375	495	JOSÉ RAMÓN PUENTE AÑÓN	VT2M- 104	00:50:37	00:05:04	00:50:22	00:05:03	00:18:17	00:25:01	00:44:16			A LARACHA
376	10	MARIA CORREDOIRA BALEATO	F- 27	VT2F- 7	00:50:38	00:05:04	00:50:27	00:05:03	00:17:14	00:24:00	00:43:41	AG768081	3&R&N CLUB DE CORREDORES BY PEDRO NIMO
377	272	JOSE MANUEL FERNANDEZ PUGA	VT3M- 56	00:50:41	00:05:05	00:50:14	00:05:02	00:18:21	00:25:02	00:44:17			CARBALLO
378	142	VICTOR CEBEY CANCELA	VT3M- 57	00:50:47	00:05:05	00:50:21	00:05:03	00:18:08	00:24:56	00:44:07	AG769116	CLUB DEPORTIVO OS MUDITOS	CARBALLO
379	598	JESUS AREOSA MUÑIZ	SNM- 82	00:50:57	00:05:06	00:50:28	00:05:03	00:18:01	00:24:41	00:44:18			CARBALLO
380	393	VÍTOR RECAREI AÑÓN	VT1M- 84	00:50:57	00:05:06	00:50:23	00:05:03	00:18:38	00:25:19	00:44:20			CARBALLO
381	716	LEOPOLDO JAUDENES JUNCAL	VT2M- 105	00:50:57	00:05:06	00:50:36	00:05:04	00:18:07	00:25:02	00:44:27			CAMBRE
382	367	ALEJANDRO PAZOS SÁNCHEZ	SNM- 83	00:50:58	00:05:06	00:50:27	00:05:03	00:18:55	00:25:52	00:44:58			A CORUÑA
383	673	JUAN MARCOS RÍOS SUÁREZ	SNM- 84	00:51:04	00:05:07	00:50:31	00:05:04	00:18:16	00:25:01	00:44:23			CARBALLO
384	519	PABLO RODRÍGUEZ CAPELET	SNM- 85	00:51:04	00:05:07	00:50:30	00:05:03	00:18:19	00:25:01	00:44:24			CARBALLO
385	269	CESAR SOUTO GARCIA	SNM- 86	00:51:04	00:05:07	00:50:31	00:05:04	00:18:14	00:25:01	00:44:22		XESTEIRAS	CARBALLO
386	217	JAVIER FERNANDEZ FRAGA	VT3M- 58	00:51:06	00:05:07	00:50:53	00:05:06	00:17:56	00:24:49	00:44:42			ARTEIXO
387	55	ARTURO RABUÑAL VAZQUEZ	VT4M- 20	00:51:08	00:05:07	00:50:34	00:05:04	00:18:24	00:25:13	00:44:37		AFICIONADO	MEICENDE
388	54	FERNANDO VAZQUEZ MARTINEZ	VT3M- 59	00:51:08	00:05:07	00:50:34	00:05:04	00:18:23	00:25:08	00:44:35		AFICIONADO	MEICENDE
389	561	CARLOS AURELIO POSE CASTRO	VT2M- 106	00:51:14	00:05:08	00:50:38	00:05:04	00:17:42	00:24:48	00:44:49			CARBALLO
390	321	ELOY CALDERÓN FERNÁNDEZ	VT3M- 60	00:51:17	00:05:08	00:50:56	00:05:06	00:17:37	00:24:15	00:44:13			A CORUÑA
391	465	MIGUEL MATO OUTEIRO	SNM- 87	00:51:21	00:05:09	00:50:53	00:05:06	00:18:08	00:24:49	00:44:36			A CORUÑA

458	329	JESUS MATIAS DOMINGUEZ GOMEZ		VT3M- 73	00:53:51	00:05:24	00:53:20	00:05:20	00:18:38	00:25:30	00:46:36				A LARACHA
459	36	VANESA ANIDO NIETO	F- 39	SNF- 15	00:53:55	00:05:24	00:53:39	00:05:22	00:18:50	00:25:59	00:46:46		A.D. MEDIADUCIA		CARBALLO
460	602	ROBERTO GARCÍA PAZOS		VT2M- 118	00:54:00	00:05:24	00:53:28	00:05:21	00:19:29	00:26:49	00:47:12				CARBALLO
461	426	JUAN JOSE RAMOS ANTELO		VT1M- 104	00:54:04	00:05:25	00:53:30	00:05:21	00:20:21	00:27:28	00:47:24				ARTEIXO
462	629	AMANCIO LAVANDEIRA SUAREZ		VT2M- 119	00:54:06	00:05:25	00:53:41	00:05:23	00:19:30	00:26:36	00:47:15				CARBALLO
463	293	JULIO BARRAL IGLESIAS		VT3M- 74	00:54:07	00:05:25	00:53:39	00:05:22	00:18:40	00:25:52	00:47:12				LA CORUÑA
464	492	MARÍA JOSÉ CASAL CAMBÓN	F- 40	VT2F- 9	00:54:08	00:05:25	00:53:53	00:05:24	00:18:29	00:25:40	00:46:44				LARACHA
465	494	JOSÉ ANTONIO AÑÓN COSTA		VT2M- 120	00:54:08	00:05:25	00:53:53	00:05:24	00:18:29	00:25:40	00:46:44				CORISTANCO
466	678	MARCOS SUÁREZ SOUTO		SNM- 95	00:54:09	00:05:25	00:53:42	00:05:23	00:19:31	00:26:48	00:48:08				OLEIROS
467	682	MARIANO IGLESIAS COLLAZO		VT3M- 75	00:54:09	00:05:25	00:53:43	00:05:23	00:18:54	00:25:58	00:46:47				CARBALLO
468	33	SONIA MUÑOZ GUIANCE	F- 41	VT2F- 10	00:54:16	00:05:26	00:54:00	00:05:24	00:18:46	00:25:58	00:46:50		A.D. MEDIADUCIA		CARBALLO
469	84	NOELIA GARRIDO BEADE	F- 42	SNF- 16	00:54:19	00:05:26	00:54:00	00:05:24	00:18:18	00:25:26	00:46:52		ATLETISMO FONTES DO SAR		AMES
470	668	CARMEN BECERRA VAZQUEZ	F- 43	VT2F- 11	00:54:21	00:05:27	00:53:52	00:05:24	00:19:09	00:26:10	00:47:01				ORDES
471	609	DAVID DARRIBA GONZALEZ		VT1M- 105	00:54:21	00:05:27	00:53:59	00:05:24	00:18:36	00:25:37	00:46:53				A CORUÑA
472	579	CRISTIAN PACE MARZORATTI		PRM- 5	00:54:26	00:05:27	00:54:15	00:05:26	00:19:15	00:26:37	00:47:51				CARBALLO
473	428	CESAR DIEGO DURAN		VT2M- 121	00:54:26	00:05:27	00:53:49	00:05:23	00:19:47	00:27:01	00:47:47				LA CORUÑA
474	395	JUAN ALBERTO TRIGO LORENZO		SNM- 96	00:54:41	00:05:28	00:54:13	00:05:26	00:18:44	00:25:56	00:47:03				CARBALLO
475	517	DIEGO RODRÍGUEZ CAPELET		SNM- 97	00:54:47	00:05:29	00:54:14	00:05:26	00:18:15	00:25:21	00:47:13				CARBALLO
476	103	MANUEL AMADO RODRIGUEZ		VT2M- 122	00:54:47	00:05:29	00:54:40	00:05:28	00:16:51	00:23:58	00:47:08		CLUB DEPORTIVO OS MUDITOS		CARBALLO
477	610	CRISTIAN PÉREZ FRAGA		SNM- 98	00:54:54	00:05:30	00:54:24	00:05:27	00:20:32	00:27:54	00:48:07				CARBALLO
478	595	SERGIO GALLEGO PIÑÓN		VT2M- 123	00:54:54	00:05:30	00:54:34	00:05:28	00:20:21	00:27:45	00:47:50				FERROL
479	560	JOSE BENITO RADIO DOMINGUEZ		VT2M- 124	00:55:03	00:05:31	00:54:24	00:05:27	00:19:42	00:27:00	00:47:58				CARBALLO
480	726	VICTOR AREOSA NOVO		VT1M- 106	00:55:07	00:05:31	00:54:41	00:05:29	00:18:28	00:25:46	00:47:27				CARBALLO
481	351	FERNANDO RODRIGUEZ VAZQUEZ		VT3M- 76	00:55:09	00:05:31	00:54:59	00:05:30	00:18:00	00:25:28	00:47:35				ARANGA
482	638	MANUEL JUAN BLANCO GABIN		VT3M- 77	00:55:17	00:05:32	00:54:54	00:05:30	00:19:20	00:26:34	00:47:52				BETANZOS
483	120	GONZALO CARRILLO GUILLÍN		VT2M- 125	00:55:23	00:05:33	00:54:57	00:05:30	00:19:45	00:27:12	00:48:33	AG2024432	CLUB ATLETISMO O PINO		OROSO
484	663	ANDRÉS DOMÍNGUEZ SÁNCHEZ		VT3M- 78	00:55:26	00:05:33	00:55:02	00:05:31	00:18:18	00:25:43	00:47:51				PUEBLA DEL CARAMIÑAL
485	662	LARA DOMÍNGUEZ MARTÍS	F- 44	JNF- 1	00:55:26	00:05:33	00:55:02	00:05:31	00:18:19	00:25:44	00:47:51				PUEBLA DEL CARAMIÑAL
486	592	AITOR ESCOURIDO ALVAREZ		PRM- 6	00:55:37	00:05:34	00:55:24	00:05:33	00:18:37	00:25:57	00:47:57				A CORUÑA
487	18	MARI PORTeiro VARELA	F- 45	SNF- 17	00:55:39	00:05:34	00:55:27	00:05:33	00:18:53	00:26:08	00:47:56		A.D. MEDIADUCIA		CARBALLO
488	91	MANUEL RAÑA PREGO		VT4M- 26	00:55:41	00:05:35	00:55:19	00:05:32	00:19:40	00:27:17	00:48:31		ATLETISMO ORDES		ORDES
489	566	ALBERTO FERNANDEZ BLANCO		SNM- 99	00:55:56	00:05:36	00:55:28	00:05:33	00:19:24	00:26:40	00:48:28				VIMIANZO
490	531	PABLO MENDEZ CANDAME		VT1M- 107	00:56:01	00:05:37	00:55:40	00:05:34	00:18:54	00:26:14	00:48:19				ARTEIXO
491	481	MARTA FERNANDEZ QUINTANA	F- 46	JNF- 2	00:56:03	00:05:37	00:55:36	00:05:34	00:19:36	00:26:54	00:48:24				A CORUÑA
492	506	ANTONIO CORTIZAS PICALLO		VT3M- 79	00:56:03	00:05:37	00:55:25	00:05:33	00:18:39	00:25:44	00:47:52				FENE
493	599	ANGELA RAMILO CAMBON	F- 47	VT1F- 12	00:56:11	00:05:38	00:55:41	00:05:35	00:20:32	00:27:54	00:48:57				CARBALLO
494	92	LINA FUENTES NOYA	F- 48	VT4F- 2	00:56:17	00:05:38	00:56:13	00:05:38	00:19:03	00:26:30	00:48:40		ATLETISMO ORDES		ORDES
495	580	XOAN CARLOS MIRA LIÑEIRO		VT2M- 126	00:56:24	00:05:39	00:55:53	00:05:36	00:18:56	00:26:10	00:49:02				O TEMPLE
496	607	MARIA DEL MAR GARCIA GONZALEZ	F- 49	VT1F- 13	00:56:25	00:05:39	00:56:04	00:05:37	00:18:57	00:26:23	00:48:52				TORDOIA
497	69	PILI ORGEIRA REY	F- 50	VT2F- 12	00:56:28	00:05:39	00:56:08	00:05:37	00:19:02	00:26:37	00:49:03	GA764696	ATLETICA A SILVA		TORDOIA
498	359	ANA LÓPEZ SUÁREZ	F- 51	VT3F- 5	00:56:28	00:05:39	00:56:18	00:05:38	00:18:54	00:26:16	00:48:37				A CORUÑA
499	534	JUAN CARLOS BARBEITO IGLESIAS		VT3M- 80	00:56:32	00:05:40	00:56:17	00:05:38	00:19:12	00:26:56	00:49:01				A CORUÑA
500	377	ARACELI VEIGA BERMEJO	F- 52	VT4F- 3	00:56:32	00:05:40	00:55:59	00:05:36	00:20:03	00:27:34	00:49:00				A CORUÑA
501	624	JOSÉ PANTÍN LÓPEZ		VT4M- 27	00:57:06	00:05:43	00:56:42	00:05:41	00:19:13	00:26:36	00:49:07				NARÓN
502	633	JAVIER BLANCO VILA		VT1M- 108	00:57:07	00:05:43	00:56:48	00:05:41	00:19:02	00:26:34	00:49:23				CARBALLO
503	422	MARCOS TEDIN MOUZO		VT2M- 127	00:57:10	00:05:43	00:56:43	00:05:41	00:19:21	00:26:58	00:49:35				VIMIANZO
504	685	J . MANUEL NAYA MATA		VT3M- 81	00:57:12	00:05:44	00:57:08	00:05:43	00:18:47	00:26:14	00:48:48				CARBALLO
505	152	CARLOS QUINTAS		VT3M- 82	00:57:18	00:05:44	00:56:39	00:05:40	00:20:30	00:28:01	00:49:49		CSC		A CORUÑA
506	362	Mª DOLORES PÉREZ FERNÁNDEZ	F- 53	VT3F- 6	00:57:23	00:05:45	00:56:56	00:05:42	00:19:38	00:27:02	00:49:41				A CORUÑA
507	331	LARA PALLAS QUINTELA	F- 54	PRF- 1	00:57:26	00:05:45	00:57:11	00:05:44	00:19:04	00:26:37	00:49:33				CARBALLO
508	483	FÁTIMA CAMBÓN VARELA	F- 55	SNF- 18	00:57:29	00:05:45	00:56:56	00:05:42	00:20:02	00:27:48	00:50:10				CARBALLO
509	626	JULIA FERNÁNDEZ HERNÁNDEZ	F- 56	SNF- 19	00:57:32	00:05:46	00:57:14	00:05:44	00:20:03	00:26:56	00:49:31				ARTEIXO
510	681	ADRIAN REBORIDO PARDO		SNM- 100	00:57:33	00:05:46	00:57:15	00:05:44	00:20:03	00:26:56	00:49:31				CARRAL
511	702	ANTONIO BLANCO ARIJON		VT2M- 128	00:57:40	00:05:46	00:57:10	00:05:43	00:19:39	00:27:27	00:49:55				CARBALLO
512	290	JOSÉ MANUEL LÓPEZ PALLAS		VT2M- 129	00:57:46	00:05:47	00:57:23	00:05:45	00:19:19	00:27:16	00:50:07				CERCEDA
513	535	VICTOR LAVANDEIRA GARCÍA		VT1M- 109	00:57:48	00:05:47	00:57:29	00:05:45	00:19:55	00:27:27	00:50:16				CARBALLO
514	284	JORGE CRIADO PRIETO		VT2M- 130	00:57:49	00:05:47	00:57:30	00:05:45	00:20:27	00:28:10	00:50:18				FERROL
515	322	TERESA LÓPEZ DE ÑA VEGA	F- 57	VT2F- 13	00:57:50	00:05:47	00:57:31	00:05:46	00:20:27	00:28:10	00:50:18				FERROL

516	288	BERTA SUAREZ FERNANDEZ	F- 58	VT1F- 14	00:57:53	00:05:48	00:57:40	00:05:46	00:19:25	00:27:18	00:50:02	CARBALLO
517	334	JESÚS BERNAL GÓMEZ		VT4M- 28	00:58:00	00:05:48	00:57:55	00:05:48	00:20:07	00:28:01	00:50:34	FERROL
518	63	MANUEL GARCÍA GARCÍA		VT4M- 29	00:58:03	00:05:49	00:57:43	00:05:47	00:20:00	00:27:50	00:50:34	ATLETA PARTICULAR
519	159	JOSÉ FERNANDO TRILLO CARLÍN		VT3M- 83	00:58:04	00:05:49	00:57:41	00:05:47	00:19:50	00:27:34	00:50:14	52434314 FOGAR TRIATLON CARBALLO
520	281	MARTA MUÑOZ PÉREZ	F- 59	VT2F- 14	00:58:05	00:05:49	00:57:41	00:05:47	00:19:50	00:27:34	00:50:14	A CORUÑA
521	555	EVA MARÍA PARCERO SOUTO	F- 60	VT2F- 15	00:58:05	00:05:49	00:57:36	00:05:46	00:20:24	00:28:15	00:50:30	ARTEIXO
522	528	ESTEBAN GONZALEZ LAGE		VT1M- 110	00:58:06	00:05:49	00:57:47	00:05:47	00:19:55	00:27:27	00:50:18	CARBALLO
523	192	BORJA FERNÁNDEZ BERMÚDEZ		VT2M- 131	00:58:13	00:05:50	00:57:42	00:05:47	00:21:07	00:29:04	00:50:58	NOSPORTLIMIT
524	58	ADRIAN FIDALGO SANCHEZ		SNM- 101	00:58:19	00:05:50	00:58:01	00:05:49	00:20:46	00:29:12	00:51:01	ALTAFIT GYM CLUB
525	449	VÍCTOR CEBEY LÓPEZ		SNM- 102	00:58:19	00:05:50	00:57:43	00:05:47	00:20:27	00:28:09	00:50:43	CARBALLO
526	245	JAIME VIDAL VIDAL		VT2M- 132	00:58:31	00:05:52	00:58:01	00:05:49	00:18:52	00:26:21	00:49:52	TERRA DE SONEIRA C.D.
527	622	ROGELIO VAZQUEZ EIRIS		VT4M- 30	00:58:37	00:05:52	00:58:07	00:05:49	00:20:40	00:28:29	00:50:59	CARBALLO
528	623	JOSE MANUEL LOPEZ REGUEIRO		VT3M- 84	00:58:38	00:05:52	00:58:07	00:05:49	00:20:40	00:28:29	00:51:00	CARBALLO
529	28	REBECCA HICKS	F- 61	VT2F- 16	00:59:04	00:05:55	00:58:47	00:05:53	00:20:16	00:28:17	00:51:04	A.D. MEDIADUCIA
530	588	PEDRO EIRÍN MUIÑO		VT1M- 111	00:59:09	00:05:55	00:58:45	00:05:53	00:20:35	00:28:23	00:51:14	CARBALLO
531	658	CRISTINA LOPEZ GARRIDO	F- 62	SNF- 20	00:59:09	00:05:55	00:58:51	00:05:54	00:20:20	00:28:32	00:51:14	A CORUÑA
532	656	FRANCISCO ABUIN GARCIA		VT2M- 133	00:59:17	00:05:56	00:58:41	00:05:53	00:20:36	00:28:19	00:51:22	SANTIAGO DE COMPOSTELA
533	700	ANA BORT RESPINO	F- 63	JNF- 3	00:59:28	00:05:57	00:58:56	00:05:54	00:20:19	00:28:04	00:51:17	A CORUÑA
534	248	JESUS COSTA FRANCO		VT3M- 85	00:59:28	00:05:57	00:58:53	00:05:54	00:20:39	00:28:27	00:51:38	TERRA DE SONEIRA C.D.
535	586	JOSE SANTIAGO CAMBÓN PEREIRO		VT1M- 112	00:59:31	00:05:58	00:59:21	00:05:57	00:19:42	00:27:34	00:51:31	CARBALLO
536	38	MARIA MARTINEZ FIDALGO	F- 64	VT2F- 17	00:59:31	00:05:58	00:58:59	00:05:54	00:21:02	00:28:51	00:51:37	A.D. MEDIADUCIA
537	324	VERONICA MOSQUERA SILVA	F- 65	VT1F- 15	00:59:32	00:05:58	00:59:03	00:05:55	00:21:18	00:29:13	00:52:05	A CORUÑA
538	695	LUIS YEBRA LÓPEZ		VT3M- 86	00:59:33	00:05:58	00:58:56	00:05:54	00:21:09	00:29:06	00:51:41	A CORUÑA
539	419	ÁNGELES RESPINO SOUTO	F- 66	VT2F- 18	00:59:34	00:05:58	00:59:03	00:05:55	00:20:19	00:28:07	00:51:36	A CORUÑA
540	425	SANTIAGO BORT COUCEIRO		VT2M- 134	00:59:35	00:05:58	00:59:04	00:05:55	00:20:19	00:28:04	00:51:36	A CORUÑA
541	674	FÁTIMA CAMBÓN COTELO	F- 67	SNF- 21	00:59:36	00:05:58	00:59:03	00:05:55	00:21:12	00:29:08	00:51:59	ARTEIXO
542	701	PABLO VIDAL CES		VT2M- 135	00:59:39	00:05:58	00:59:06	00:05:55	00:21:57	00:29:46	00:52:31	CARBALLO
543	364	XOSE MANUEL CARBALLEIRA HORTAS		VT4M- 31	00:59:50	00:05:59	00:59:30	00:05:57	00:20:44	00:28:47	00:51:51	SANTIAGO
544	101	JOSE ALEJANDRO GANDARA BOUZA		VT2M- 136	01:00:14	00:06:02	00:59:54	00:06:00	00:21:00	00:29:16	00:52:24	CASTRELOS 20:30
545	466	FELIPE PARDIÑAS PEREIRA		SNM- 103	01:00:31	00:06:03	01:00:18	00:06:02	00:20:47	00:28:42	00:52:19	CARBALLO
546	363	CRISTINA FERREIRO MUÑIZ	F- 68	VT2F- 19	01:00:34	00:06:04	01:00:12	00:06:02	00:20:35	00:28:41	00:52:30	A CORUÑA
547	530	ISABEL GIL BREIJO	F- 69	VT2F- 20	01:00:54	00:06:06	01:00:36	00:06:04	00:20:56	00:29:07	00:52:43	ARTEIXO
548	563	EMILIO CARBAJALES QUINTANA		VT2M- 137	01:01:09	00:06:07	01:00:43	00:06:05	00:21:03	00:29:09	00:52:52	A BOLA
549	478	ADRIÁN CASTRO GARCÍA		PRM- 7	01:01:12	00:06:08	01:01:02	00:06:07	00:21:19	00:28:44	00:52:44	CARBALLO
550	498	JOSE JAVIER POMBO BRANDON		VT1M- 113	01:01:40	00:06:10	01:01:08	00:06:07	00:20:39	00:28:44	00:53:18	CARBALLO
551	253	JESUS MONTERO LAGO		VT4M- 32	01:01:48	00:06:11	01:01:15	00:06:08	00:21:43	00:29:47	00:53:55	TRASNOS CORUÑA
552	323	RAFAEL REGUEIRA CANOSA		VT2M- 138	01:02:09	00:06:13	01:01:35	00:06:10	00:20:50	00:28:46	00:53:50	A CORUÑA
553	223	BEATRIZ GONZALEZ MACEIRA	F- 70	VT2F- 21	01:02:10	00:06:13	01:01:46	00:06:11	00:21:58	00:30:10	00:53:52	RUNNING OLEIROS
554	169	PILAR HERMO GOMEZ	F- 71	VT4F- 4	01:02:10	00:06:13	01:01:46	00:06:11	00:21:58	00:30:11	00:53:52	LA MOCHILA DEL DEPORTE
555	630	SERGIO VARELA FUENTES		VT2M- 139	01:02:37	00:06:16	01:01:59	00:06:12	00:20:32	00:28:37	00:53:29	CARBALLO
556	548	SARA VALLE	F- 72	SNF- 22	01:03:06	00:06:19	01:02:45	00:06:17	00:20:20	00:28:32	00:54:01	A CORUÑA
557	461	EULALIA SANTILARI BARNACH	F- 73	SNF- 23	01:03:10	00:06:19	01:02:41	00:06:17	00:20:59	00:29:20	00:54:16	ESPARRAGUERA
558	709	BEGOÑA MANTEIGA URBÓN	F- 74	VT2F- 22	01:03:38	00:06:22	01:03:22	00:06:21	00:21:05	00:29:23	00:54:44	CLUB ATLETISMO SADA
559	710	AMELIA MEIJEDE MARTINEZ	F- 75	VT3F- 7	01:03:38	00:06:22	01:03:22	00:06:21	00:21:05	00:29:24	00:54:44	CLUB ATLETISMO SADA
560	455	JOSE RAMON PEREZ GOMEZ		VT1M- 114	01:03:46	00:06:23	01:03:32	00:06:22	00:22:40	00:31:35	00:55:49	CARBALLO
561	411	PATRICIA BARREIRA RODRIGUEZ	F- 76	VT2F- 23	01:03:46	00:06:23	01:00:25	00:06:03	00:23:12	00:33:01	00:55:43	A CORUÑA
562	671	JOSÉ FRANCISCO URBIETA REY		VT3M- 87	01:03:47	00:06:23	01:03:14	00:06:20	00:22:40	00:31:34	00:55:53	CARBALLO
563	442	MIGUEL FACAL VÁZQUEZ		VT1M- 115	01:04:04	00:06:25	01:03:40	00:06:22	00:22:02	00:30:37	00:56:18	CARBALLO
564	191	ELENA FERNÁNDEZ MATÍAS	F- 77	VT1F- 16	01:04:06	00:06:25	01:03:39	00:06:22	00:21:12	00:29:35	00:55:01	NOITEBRA F.C.
565	138	JESUS MANUEL REY VARELA		VT1M- 116	01:04:31	00:06:28	01:04:21	00:06:27	00:22:16	00:31:00	00:56:16	AG2016909 CLUB DEPORTIVO OS MUDITOS
566	708	MARÍA JESÚS SANDE PUGA	F- 78	VT2F- 24	01:04:53	00:06:30	01:04:38	00:06:28	00:21:52	00:30:30	00:56:13	CLUB ATLETISMO O PINO
567	496	SUSANA SUÁREZ DIEGUEZ	F- 79	VT1F- 17	01:05:01	00:06:31	01:04:46	00:06:29	00:22:06	00:30:49	00:56:14	SI
568	452	JESUS RUA PEREZ		VT4M- 33	01:05:28	00:06:33	01:05:19	00:06:32	00:21:35	00:30:24	00:56:32	SANTIAGO DE COMPOSTELA
569	459	JAIME MONTES CALVELO		VT2M- 140	01:05:29	00:06:33	01:04:56	00:06:30	00:21:00	00:29:05	00:56:05	SUEVOS
570	660	CRISTINA MUÑIZ CIVES	F- 80	SNF- 24	01:05:35	00:06:34	01:04:58	00:06:30	00:23:01	00:32:11	00:57:04	CARBALLO
571	203	SERGIO LÓPEZ REY		VT1M- 117	01:05:38	00:06:34	01:05:05	00:06:31	00:21:47	00:30:33	00:56:44	AG 767348 PATUKOS TIM RANIN
572	35	FATIMA FERREIRO FONDO	F- 81	VT1F- 18	01:05:48	00:06:35	01:05:16	00:06:32	00:22:20	00:30:58	00:56:54	A.D. MEDIADUCIA
573	618	MARCELA RINALDI GONZALEZ	F- 82	VT2F- 25	01:06:00	00:06:36	01:05:31	00:06:34	00:21:57	00:30:57	00:56:45	ARTEIXO
574	510	JULIO JOSÉ BELLO CASTRO		VT3M- 88	01:06:06	00:06:37	01:05:55	00:06:36	00:22:38	00:31:22	00:57:15	CARBALLO
575	469	FERNANDO REY SÁNCHEZ		VT2M- 141	01:06:06	00:06:37	01:05:55	00:06:36	00:22:38	00:31:22	00:57:15	LEILOLLO
576	356	JOSE MANUEL GARCÍA CACABELOS		VT3M- 89	01:06:29	00:06:39	01:05:51	00:06:36	00:22:12	00:30:54	00:57:38	A CORUÑA
577	694	DANIEL FRAGA VILLAR		SNM- 104	01:06:41	00:06:41	01:06:07	00:06:37	00:20:55	00:29:27	00:56:42	CARBALLO
578	703	JOSÉ MANUEL ESMORÍS NEIRA		VT3M- 90	01:07:25	00:06:45	01:07:09	00:06:43	00:21:56	00:31:40	00:58:05	CARBALLO
579	462	MIGUEL DE SANTIAGO MARÍN		VT2M- 142	01:07:25	00:06:45	01:06:55	00:06:42	00:22:38	00:31:36	00:58:03	LA CORUÑA
580	15	NURIA CIDONCHA MORAN	F- 83	VT2F- 26	01:08:48	00:06:53	01:08:16	00:06:50	00:23:10	00:32:29	00:59:24	A.D. MEDIADUCIA
Desc	714	ELVIRA TRESGUERRAS GONZÁLEZ										SAR VERMÚ- PETRONI
												BERTAMIRÁNS-AMES

10K CARBALLO. VIII Carreira Popular Concello de Carballo, Carballo 17/06/2018

Carreira Xuvenil e Cadete. Distancia: 2.900 m

Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	Km 1	Km 2	Licenza	Club	Localidade
1	1012	IVÁN ABELEDO VARELA		XVNM- 1	00:09:20	00:03:13	00:02:24	00:05:48	AG 2025097	CLUB DEPORTIVO VAGALUME ENERGÍA	MELIDE
2	1010	BRUNO SALIDO JOVE		CDTM- 1	00:10:03	00:03:28	00:02:30	00:06:16		CLUB ATLETISMO SADA	OLEIROS
3	1003	ALEJANDRO GÓMEZ AGRA		XVNM- 2	00:10:24	00:03:36	00:02:29	00:06:27		ÁLEX	CARBALLO
4	1008	OSCAR PARENTETURNES		XVNM- 3	00:10:39	00:03:41	00:02:23	00:06:21		CLUB ATLETISMO NEGREIRA	SANTA COMBA
5	1015	ANTONIO LUACES PAZ		CDTM- 2	00:10:43	00:03:42	00:02:49	00:06:45		SAR-VERMU PETRONI	XAVIÑA(CAMARIÑAS)
6	1011	BRAIS PEREZ FERNÁNDEZ		XVNM- 4	00:10:44	00:03:43	00:02:41	00:06:44		CLUB ATLETISMO TAMBRE BIKE & RUNNING	AMES
7	1020	IKER MARTINEZ ABELEDA		XVNM- 5	00:11:02	00:03:49	00:02:40	00:06:46			CARBALLO
8	1026	YERAY RODRÍGUEZ CASAL		CDTM- 3	00:11:07	00:03:50	00:02:59	00:06:58			A LARACHA
9	1007	ROSANA FERNANDEZ MARTINEZ	F- 1	CDTF- 1	00:11:11	00:03:52	00:02:45	00:06:54		BICICLETAS TRIKI	MUROS
10	1027	ANDRÉS URBIETA LENDOIRO		XVNM- 6	00:11:23	00:03:56	00:03:00	00:07:15			CARBALLO
11	1016	YAGO DANIEL RÍO PEREIRA		CDTM- 4	00:11:39	00:04:01	00:02:44	00:06:59			FERROL
12	1021	ANDRES GARCIA VAZQUEZ		CDTM- 5	00:11:42	00:04:02	00:02:56	00:07:19			CARBALLO
13	1014	ALEJANDRA DOMÍNGUEZ MARTÍS	F- 2	XVNF- 1	00:12:21	00:04:16	00:03:12	00:07:48		SANTA UXÍA DE RIVEIRA	PUEBLA DEL CARAMIÑAL
14	1013	LUCIA VAZQUEZ HERMIDA	F- 3	CDTF- 2	00:12:36	00:04:21	00:03:05	00:07:53		CLUB MARINEDA ATLETICO	A CORUNA
15	1004	ALDARA CHAVES DURÁN	F- 4	CDTF- 3	00:12:48	00:04:25	00:03:10	00:07:59	AG 2021145	ATLETISMO +9 MORAÑA	MORAÑA
16	1028	ALICIA ABELEDA CAMBON	F- 5	CDTF- 4	00:13:13	00:04:34	00:03:09	00:08:07			CARBALLO
17	1029	LUCIA CARRO RODRIGUEZ	F- 6	CDTF- 5	00:15:52	00:05:28	00:03:12	00:08:52			CARBALLO
18	1005	LUCÍA SÁNCHEZ SEOANE	F- 7	CDTF- 6	00:16:01	00:05:32	00:03:08	00:09:12		ATLETISMO CARBALLO	CARBALLO
19	1033	JAVIER VILLAR RAMA		XVNM- 7	00:20:00	00:06:54	00:04:00	00:13:22		AGRUPACIÓN DEPORTIVA UN PASO MAÍS.	CARBALLO
20	1002	SEBASTIAN GARCÍA REYMÚNDEZ		XVNM- 8	00:20:00	00:06:54	00:05:16	00:13:27		AGRUPACIÓN DEPORTIVA UN PASO MAÍS.	CARBALLO

10K CARBALLO. VIII Carreira Popular Concello de Carballo, Carballo 17/06/2018

Carreira Infantil e Alevín. Distancia: 1.850 m

Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	Km 1	Licenza	Club	Localidade
1	1049	SERGIO SOTO MANTEIGA		INFM- 1	00:06:05	00:03:17		AG2019611	ATLETISMO NARON	CAMBRE
2	1036	JOSE MANUEL NEGREIRA ABELEDA		INFM- 2	00:06:06	00:03:18			ATLETISMO CARBALLO	CARBALLO
3	1124	PABLO COSTA CARABEL		ALVM- 1	00:06:19	00:03:25				SARTEGUAS DUMBRIA
4	1069	LUCAS GARCIA PICON		ALVM- 2	00:06:22	00:03:27			NOITEBRA FC	SANTIAGO
5	1147	MANUEL SOUTO RAMOS		ALVM- 3	00:06:26	00:03:29				CARRAL
6	1052	VICTOR RAMOS SAMBADE		INFM- 3	00:06:27	00:03:29			BICICLETAS TRIKI	MUROS
7	1054	ALEJANDRA FORMOSO RECAREY	F- 1	INFF- 1	00:06:30	00:03:31			BICICLETAS TRIKI	MUROS
8	1066	VALERIA BATIRE GURIDI DIÈGUEZ	F- 2	INFF- 2	00:06:40	00:03:36			MILLARAI	SANTIAGO
9	1038	RAUL TOUCEDA MONTEAGUDO		INFM- 4	00:06:41	00:03:37		AG 2018848	ATLETISMO +9 MORAÑA	MORAÑA
10	1110	DIEGO GRILLE LANDEIRA		INFM- 5	00:06:43	00:03:38				CARBALLO
11	1116	JOSE SUAREZ GUIANCE		INFM- 6	00:06:44	00:03:39				A LARACHA
12	1063	PAULA VAZQUEZ HERMIDA	F- 3	ALVF- 1	00:06:44	00:03:39			CLUB MARINEDA ATLETICO	A CORUÑA
13	1062	IRENE FERNANDEZ SOTELO	F- 4	INFF- 3	00:06:46	00:03:40			CLUB DE REMO DE MUROS	MUROS
14	1150	ANXO BELLO RODRÍGUEZ		ALVM- 4	00:06:49	00:03:41				CORISTANCO
15	1047	AINOA GONTAN IGLESIAS	F- 5	INFF- 4	00:06:49	00:03:41			ATLETISMO FONTES DO SAR	SANTIAGO DE COMPOSTELA
16	1045	IKER LAVANDEIRA RODRIGUEZ		ALVM- 5	00:06:50	00:03:42			ATLETISMO CORUÑA COMARCA	A CORUÑA
17	1042	BERKET LÓPEZ DÍAZ		ALVM- 6	00:06:52	00:03:43			ATLETISMO CARBALLO	CARBALLO
18	1051	ALEXIA RAMA LADO	F- 6	INFF- 5	00:06:53	00:03:43			BICICLETAS TRIKI	MUROS
19	1050	MARIA FERNANDEZ MARTINEZ	F- 7	INFF- 6	00:06:54	00:03:44			BICICLETAS TRIKI	MUROS
20	1140	ANDREA LAMAS DOMÍNGUEZ	F- 8	INFF- 7	00:06:55	00:03:44	02:04:17			CARBALLO
21	1060	DARÍO AMBITE SANTANA		INFM- 7	00:07:01	00:03:48			CLUB ATLETISMO SADA	CAMBRE
22	1041	NEREA MALLO MARTINEZ	F- 9	INFF- 8	00:07:03	00:03:49			ATLETISMO CARBALLO	LARACHA
23	1046	PAULO RIVAS TORRES		ALVM- 7	00:07:07	00:03:51			ATLETISMO CORUÑA COMARCA	A CORUÑA
24	1037	CARLA MAGARIÑOS LODEIRO	F- 10	INFF- 9	00:07:08	00:03:51		AG 2020982	ATLETISMO +9 MORAÑA	MORAÑA
25	1153	ALBERTO GARCIA AMARELLE		INFM- 8	00:07:13	00:03:54				CARBALLO
26	1075	PABLO GÓMEZ PREGO		INFM- 9	00:07:16	00:03:56				PONTEDEUME
27	1059	SUSANA AMOR CASTRO	F- 11	INFF- 10	00:07:18	00:03:57			CLUB ATLETISMO SADA	A CORUÑA
28	1048	ALDARA CEIDE COUCE	F- 12	ALVF- 2	00:07:19	00:03:57			ATLETISMO FRIOL	FRIOL
29	1039	MATEO SOUTO SOUTO		ALVM- 8	00:07:34	00:04:05			ATLETISMO ARTEIXO	ARTEIXO
30	1108	MATEO CASTRO SOUTO		INFM- 10	00:07:34	00:04:06				CARBALLO
31	1105	DAVID NOGAREDA REGUEIRA		ALVM- 9	00:07:36	00:04:07				CARBALLO
32	1111	SERGIO SUÁREZ CERQUEIRO		INFM- 11	00:07:37	00:04:07				CARBALLO
33	1127	PAULA AMADO SUAREZ	F- 13	INFF- 11	00:07:41	00:04:09				CARBALLO
34	1053	EVA FORMOSO RECAREY	F- 14	ALVF- 3	00:07:43	00:04:11			BICICLETAS TRIKI	MUROS
35	1043	PABLO SUÁREZ BARREIRO		INFM- 12	00:07:49	00:04:14			ATLETISMO CARBALLO	CARBALLO

36	1144	BRUNO SONEIRA GIMENO		ALVM- 10	00:07:52	00:04:15			CARBALLO
37	1094	NOEL VARELA BUENDÍA		INFM- 13	00:07:52	00:04:15			CARBALLO
38	1071	SAMUEL QUINTELA SALCINES		INFM- 14	00:07:57	00:04:18		SAMU	CARBALLO
39	1068	NOAH QUINTELA SALCINES		ALVM- 11	00:07:59	00:04:19		NOAH	CARBALLO
40	1133	RAÚL GESTO MUIÑO		INFM- 15	00:07:59	00:04:19			CARBALLO
41	1148	TESFAYE CHAO RAMA		ALVM- 12	00:08:01	00:04:20			CARBALLO
42	1095	ADRIÁN VARELA BUENDÍA		ALVM- 13	00:08:01	00:04:20			CARBALLO
43	1170	BRAIS PENSADO ALBERTÍ		ALVM- 14	00:08:08	00:04:24			CARBALLO
44	1101	SARAI PUGA BERTOIA	F- 15	ALVF- 4	00:08:08	00:04:24			CORISTANCO
45	1044	RUBÉN SUÁREZ BARREIRO		ALVM- 15	00:08:09	00:04:25		ATLETISMO CARBALLO	CARBALLO
46	1132	XES REGUEIRA SILVEIRA		ALVM- 16	00:08:11	00:04:25			CARBALLO
47	1118	DIEGO BARBEIRA OTERO		ALVM- 17	00:08:11	00:04:26			CARBALLO
48	1067	MARÍA CAMBA VÁZQUEZ	F- 16	ALVF- 5	00:08:11	00:04:26		NATACION LICEO	CULLEREDO
49	1134	ÁLEX AREOSA BARBEITO		ALVM- 18	00:08:14	00:04:27	02:16:12		RAZO CARBALLO
50	1093	IKER CASTRO MARTÍNEZ		INFM- 16	00:08:17	00:04:29			CARBALLO
51	1072	SABELA GARCIA GARCIA	F- 17	INFF- 12	00:08:18	00:04:30		SYSCA	CARBALLO
52	1151	MANUEL CAMBÓN DOMÍNGUEZ ROMERO		INFM- 17	00:08:19	00:04:30			LARACHA
53	1158	PABLO GONZÁLEZ ESMORÍS		ALVM- 19	00:08:20	00:04:30			CARBALLO
54	1160	UNAI AMARELLE FERNANDEZ		ALVM- 20	00:08:26	00:04:34			CARBALLO
55	1079	MARCOS VARELA VARELA		ALVM- 21	00:08:28	00:04:35			CARBALLO
56	1154	ALEJANDRO GARCIA AMARELLE		ALVM- 22	00:08:34	00:04:38			CARBALLO
57	1091	LAURA MOURO PEREZ	F- 18	ALVF- 6	00:08:37	00:04:40			CARBALLO
58	1131	ESTELA SOUTO RECAREY	F- 19	ALVF- 7	00:08:43	00:04:43	02:17:39		CARBALLO
59	1125	ÁLVARO GÓMEZ AGRA		ALVM- 23	00:08:54	00:04:49			CARBALLO
60	1104	AINARA CANCELA VARELA	F- 20	ALVF- 8	00:08:55	00:04:50			CARBALLO
61	1099	NEREA BLANCO DUBRA	F- 21	INFF- 13	00:08:56	00:04:50			CARBALLO
62	1128	ENYA SÁNCHEZ MUÑOZ	F- 22	ALVF- 9	00:09:02	00:04:53			A CORUÑA
63	1129	LUCAS SÁNCHEZ PAZO		INFM- 18	00:09:02	00:04:53			CULLEREDO
64	1117	ANXO CORRAL COTELO		ALVM- 24	00:09:02	00:04:53			CARBALLO
65	1152	MANUEL BREIJO VARELA		ALVM- 25	00:09:06	00:04:56			CARBALLO
66	1061	DANIEL AMBITE SANTANA		ALVM- 26	00:09:10	00:04:58		CLUB ATLETISMO SADA	CAMBRE
67	1107	XOEL COLLAZO COUTO		ALVM- 27	00:09:12	00:04:59			CARBALLO
68	1070	PAULA PETEIRO VAZQUEZ	F- 23	ALVF- 10	00:09:13	00:04:59		RUNNING OLEIROS	ARANGA
69	1115	SASHA HERNANDEZ RAMA	F- 24	ALVF- 11	00:09:15	00:05:00	02:04:57		CARBALLO
70	1126	YAGO BERTOIA FARIÑA		ALVM- 28	00:09:16	00:05:01			CARBALLO
71	1137	CARLOS PALLAS CANCELA		ALVM- 29	00:09:24	00:05:05			CARBALLO
72	1097	SARA GARCIA VARELA	F- 25	ALVF- 12	00:09:27	00:05:07			CARBALLO
73	1065	ENOLA VILANOVA RECAREY	F- 26	ALVF- 13	00:09:27	00:05:07		ENOLA	CARBALLO
74	1162	LUCIA LOPEZ AREOSA	F- 27	ALVF- 14	00:09:28	00:05:07			CARBALLO

75	1113	AINHOA MARTÍN	F- 28	ALVF- 15	00:09:29	00:05:08		CARBALLO
76	1143	JULIA POSE CASTRO	F- 29	ALVF- 16	00:09:31	00:05:09		CARBALLO
77	1146	CARLA DOLDAN VAZQUEZ	F- 30	ALVF- 17	00:09:33	00:05:10		CARBALLO
78	1073	VALERIA RODRIGUEZ COLFERAI	F- 31	ALVF- 18	00:09:35	00:05:11	SYSCA	CARBALLO
79	1078	JULIA AGRELO CANEDO	F- 32	INFF- 14	00:09:36	00:05:12		CARBALLO
80	1155	LIA BARCA AMADO	F- 33	ALVF- 19	00:09:52	00:05:20		CARBALLO
81	1096	JULIA GIL FERNANDEZ	F- 34	ALVF- 20	00:09:53	00:05:21		SANTIAGO DE COMPOSTELA
82	1098	IRÍA BLANCO DUBRA	F- 35	INFF- 15	00:09:55	00:05:22		CARBALLO
83	1166	SOFÍA PENSADO CANEDO	F- 36	ALVF- 21	00:09:55	00:05:22		CARBALLO
84	1161	ANTÍA ROJO VÁZQUEZ	F- 37	ALVF- 22	00:09:58	00:05:24		CARBALLO
85	1057	SARA PENA	F- 38	ALVF- 23	00:10:17	00:05:34	CLUB ATLETISMO MILLARAI	SANTIAGO
86	1139	SARA XIAN BLANCO LORENZO	F- 39	ALVF- 24	00:10:20	00:05:35		CARBALLO
87	1159	ANTÓN PARDIÑAS BORRAZÁS		ALVM- 30	00:10:20	00:05:36		CARBALLO
88	1102	DALIA LÓPEZ CASAS	F- 40	ALVF- 25	00:10:35	00:05:44		CERCEDA
89	1138	DIEGO PALLAS CANCELA		ALVM- 31	00:10:36	00:05:44		CARBALLO
90	1169	MARÍA PUGA PUENTE	F- 41	ALVF- 26	00:10:59	00:05:56		CARBALLO
91	1087	PAULA LÓPEZ MALLO	F- 42	ALVF- 27	00:11:10	00:06:02		CARBALLO
92	1031	MANUELA BRAVO VILAS	F- 43	INFF- 16	00:11:20	00:06:08	ADIANTE	CARBALLO
93	1163	VIVIANA VICTORERO AREOSA	F- 44	INFF- 17	00:11:20	00:06:08		CARBALLO
94	1149	CATALINA DE MAGALHAES DIDE	F- 45	INFF- 18	00:11:26	00:06:11		CARBALLO
95	1156	DUNA BARCA AMADO	F- 46	INFF- 19	00:11:26	00:06:11	02:08:20	CARBALLO
96	1167	IRIA RODRÍGUEZ VILLAVERDE	F- 47	ALVF- 28	00:11:32	00:06:14		CARBALLO
97	1157	OLAYA RAMA PORTEIRO	F- 48	ALVF- 29	00:11:33	00:06:15		CARBALLO
98	1142	NEREA FIGUEIRAS CASTRO	F- 49	ALVF- 30	00:11:36	00:06:16		CARBALLO
99	1112	ALBA EIRÍN CASTILLO	F- 50	ALVF- 31	00:11:43	00:06:20		CARBALLO
100	1088	LUCIA TRABA REMUIÑAN	F- 51	ALVF- 32	00:11:45	00:06:21		CARBALLO
101	1086	ARO VARELA SAN MIGUEL	F- 52	ALVF- 33	00:11:45	00:06:21		CARBALLO
102	1141	CLARA RODRIGUEZ POSE	F- 53	ALVF- 34	00:11:50	00:06:24	02:04:30	CARBALLO
103	1136	UXIA LOBERA LISTA	F- 54	ALVF- 35	00:11:50	00:06:24		CARBALLO
104	1168	LUCIA VIEITES LORENZO	F- 55	ALVF- 36	00:13:18	00:07:11		CARBALLO

10K CARBALLO. VIII Carreira Popular Concello de Carballo, Carballo 17/06/2018

Carreira Benxamin. Distancia: 950 m

Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	Km 1	Licenza	Club	Localidade
1	1235	LEO SÁNCHEZ MUÑOZ		BNXM- 1	00:03:26	00:03:37	00:01:42			A CORUÑA
2	1246	DIEGO VEIGA SUAREZ		BNXM- 2	00:03:34	00:03:45	00:01:44			CARBALLO
3	1179	DIEGO AMBITE SANTANA		BNXM- 3	00:03:41	00:03:53	00:01:49		CLUB ATLETISMO SADA	CAMBRE
4	1182	ALBA MORALES PEDREIRA	F- 1	BNXF- 1	00:03:44	00:03:56	00:01:46		MARINEDA ATLÉTICO	CARRAL
5	1189	XABI CAMBA VÁZQUEZ		BNXM- 4	00:03:46	00:03:58	00:01:51			CULLEREDO
6	1201	IKER VELO		BNXM- 5	00:03:47	00:03:59	00:01:55			CARBALLO
7	1262	GERMÁN GARCÍA BELLO		BNXM- 6	00:03:50	00:04:02	00:01:50			CARBALLO
8	1176	GONZALO RAMOS SAMBADE		BNXM- 7	00:03:57	00:04:09	00:02:08		BICICLETAS TRIKI	MUROS
9	1184	HUGO SEÑARÍS VILARIÑO		BNXM- 8	00:03:58	00:04:11	00:01:58		RUNNERS CARBALLO	CARBALLO
10	1251	JAIRO NOVOA LÓPEZ		BNXM- 9	00:03:58	00:04:11	00:01:58			CARBALLO
11	1255	MANUEL REINO BARREIRO		BNXM- 10	00:04:01	00:04:14	00:02:00			CARBALLO
12	1244	CRISTIAN FLORES		BNXM- 11	00:04:01	00:04:14	00:01:54			CARBALLO
13	1185	MANUEL MATA CASTRO		BNXM- 12	00:04:02	00:04:15	00:02:00		SYSCA	CARBALLO
14	1221	LIAM HERNANDEZ RAMA		BNXM- 13	00:04:05	00:04:17	00:01:53			CARBALLO
15	1216	ANTÓN PÉREZ RODRÍGUEZ		BNXM- 14	00:04:05	00:04:18	00:02:04			NOIA
16	1224	LEON COSTA ENRIQUEZ		BNXM- 15	00:04:10	00:04:23	00:02:02			CARBALLO
17	1215	MARIO MALLO CAMBON		BNXM- 16	00:04:12	00:04:25	00:02:09			CARBALLO
18	1199	BRAIS FERNÁNDEZ BLANCO		BNXM- 17	00:04:14	00:04:27	00:02:03			CARBALLO
19	1213	PABLO FRAGA GARCIA		BNXM- 18	00:04:17	00:04:31	00:02:01			CARBALLO
20	1187	NATALIA VARELA VARELA	F- 2	BNXF- 2	00:04:19	00:04:32	00:02:01			CARBALLO
21	1247	ALVARO GONZALEZ LOBERA		BNXM- 19	00:04:19	00:04:33	00:02:05			CARBALLO
22	1245	XABIER VILLAR VARELA		BNXM- 20	00:04:20	00:04:34	00:02:11			CARBALLO
23	1214	ALBA LAMAS SUAREZ	F- 3	BNXF- 3	00:04:21	00:04:35	00:02:14			CARBALLO
24	1228	MATEO GARCIA CASTRO		BNXM- 21	00:04:22	00:04:35	00:01:57			CARBALLO
25	1192	JOEL PÉREZ LEMA		BNXM- 22	00:04:26	00:04:40	00:02:10			CARBALLO
26	1196	NEREA DOMINGUEZ AMEIJERAS	F- 4	BNXF- 4	00:04:30	00:04:45	00:02:04			CARBALLO
27	1253	NOA MOURÓN PARGA	F- 5	BNXF- 5	00:04:31	00:04:45	00:02:07			CARBALLO
28	1248	NURIA PENA TRIGO	F- 6	BNXF- 6	00:04:34	00:04:48	00:02:02			CARBALLO
29	1171	XAVIER DIAZ TRIGO		BNXM- 23	00:04:35	00:04:49	00:02:13		A.D.MEDIADUCIA	ARTEIXO
30	1223	LUCAS ROJO SOLLOSO		BNXM- 24	00:04:41	00:04:55	00:02:08			CARBALLO
31	1226	PEDRO VILARIÑO VAZQUEZ		BNXM- 25	00:04:41	00:04:55	00:02:01			CARBALLO
32	1195	ANGEL RODRIGUEZ MARTIN		BNXM- 26	00:04:42	00:04:56	00:02:14			LARACHA
33	1263	MARTA VIEITES LORENZO	F- 7	BNXF- 7	00:04:42	00:04:57	00:02:21			CARBALLO
34	1243	DIEGO GENDE CANCELA		BNXM- 27	00:04:46	00:05:01	00:02:11			CARBALLO

35	1205	SABELA FAYA QUEIJO	F- 8	BNXF- 8	00:04:47	00:05:02	00:02:25		CARBALLO
36	1174	ADRIAN REYMUDEZ ALONSO		BNXM- 28	00:04:47	00:05:02	00:02:15	AGRUPACIÓN DEPORTIVA UN PASO MAÍS.	CARBALLO
37	1222	GONZALO IGLESIAS GARCIA		BNXM- 29	00:04:48	00:05:03	00:02:06		CORISTANCO
38	1242	CARLOS CASAL CANCELA		BNXM- 30	00:04:48	00:05:03	00:02:09		CARBALLO
39	1200	SERGIO CANCELA FIGUEIRAS		BNXM- 31	00:04:48	00:05:04	00:02:16		CARBALLO
40	1212	NEREA VARELA RAMA	F- 9	BNXF- 9	00:04:50	00:05:05	00:02:18		LARACHA
41	1240	MARIA LOBERA LISTA	F- 10	BNXF- 10	00:04:51	00:05:06	00:02:19		CARBALLO
42	1259	BRAIS LANDEIRA SUAREZ		BNXM- 32	00:04:51	00:05:07	00:02:22		A LARACHA
43	1249	LAURA GARCÍA MALLO	F- 11	BNXF- 11	00:04:53	00:05:08	00:02:15		CARBALLO
44	1218	DIEGO SAUCO MENÉNDEZ		BNXM- 33	00:04:55	00:05:10	00:02:14		CARBALLO
45	1197	SALMA LAMAS LAGOA	F- 12	BNXF- 12	00:04:55	00:05:10	00:02:16		CARBALLO
46	1241	SARA COTELO RODRIGUEZ	F- 13	BNXF- 13	00:04:56	00:05:11	00:02:20		CARBALLO
47	1194	ZOE LEMA CUNDINS	F- 14	BNXF- 14	00:04:57	00:05:13	00:02:24		CARBALLO
48	1190	ZELTIA DUBRA TRIGO		BNXM- 34	00:04:58	00:05:14	00:02:18		CARBALLO
49	1183	UXIA GONZALEZ VAZQUEZ	F- 15	BNXF- 15	00:04:58	00:05:14	00:02:21	PITUMI	CARBALLO
50	1229	LOLA VARELA BOYERO	F- 16	BNXF- 16	00:04:59	00:05:14	00:02:20		OLEIROS
51	1254	EVA VIDAL DIAZ	F- 17	BNXF- 17	00:04:59	00:05:15	00:02:11		CARBALLO
52	1193	HELENA RODRIGUEZ MARTINEZ	F- 18	BNXF- 18	00:04:59	00:05:15	00:02:25		CARBALLO
53	1265	YERAY AHEDO BLANCO		BNXM- 35	00:05:05	00:05:21	00:02:27		CARBALLO
54	1207	CELIA FERNÁNDEZ MONTERO	F- 19	BNXF- 19	00:05:05	00:05:21	00:02:28		CARBALLO
55	1227	AMELIA MOURÓN COUTO	F- 20	BNXF- 20	00:05:09	00:05:25	00:02:24		CARBALLO
56	1198	NOA VISOS NOGUEIRO	F- 21	BNXF- 21	00:05:10	00:05:26	00:02:31		CARBALLO
57	1261	MATÍAS GARCÍA ZEGARRA		BNXM- 36	00:05:10	00:05:26	00:02:26		CARBALLO
58	1256	MARÍA PARDIÑAS BORRAZÁS	F- 22	BNXF- 22	00:05:12	00:05:29	00:02:29		CARBALLO
59	1186	RITA GARCÍA MONTERO	F- 23	BNXF- 23	00:05:14	00:05:30	00:02:29	TRASNOS CORUÑA	CAMBRE
60	1250	SABELA PEREIRA FRAGA	F- 24	BNXF- 24	00:05:17	00:05:34	00:02:36		CARBALLO
61	1237	SOFÍA SOUTO BARREIRO	F- 25	BNXF- 25	00:05:19	00:05:36	00:02:36		CORISTANCO
62	1219	MARTINA TEIXEIRA LEON	F- 26	BNXF- 26	00:05:20	00:05:37	00:02:39		CARBALLO
63	1188	49332048S FELIPEZ PASTORIZA	F- 27	BNXF- 27	00:05:20	00:05:37	00:02:29		CARBALLO
64	1225	JORGE NIELSEN TEIJIDO		BNXM- 37	00:05:20	00:05:37	00:02:36		CARBALLO
65	1191	ANTIA GARCIA GARCIA	F- 28	BNXF- 28	00:05:22	00:05:38	00:02:31		CARBALLO
66	1258	CARLOTA SOUTO TOJA	F- 29	BNXF- 29	00:05:23	00:05:40	00:02:31		CARBALLO
67	1220	ALEJANDRA RODRÍGUEZ VILLAR	F- 30	BNXF- 30	00:05:25	00:05:42	00:02:35		CARBALLO
68	1230	ADA CARRILLO MOSQUERA	F- 31	BNXF- 31	00:05:29	00:05:46	00:02:33		TEO
69	1239	IKER LEMA MARTINEZ		BNXM- 38	00:05:35	00:05:53	00:02:24		CARBALLO
70	1231	INES CABEZA MARTINEZ	F- 32	BNXF- 32	00:05:36	00:05:54	00:02:38		CARBALLO
71	1181	ZOE PALANCA COUSILLAS	F- 33	BNXF- 33	00:05:37	00:05:55	00:02:39	FOSIL	CARBALLO
72	1233	NOA PORTEIRO COUSILLAS	F- 34	BNXF- 34	00:05:38	00:05:56	00:02:39		CARBALLO